

# • ACTIVITY • GUIDE

SUMMER • 2014



Phone: (510) 747-PLAY • Registration: [www.arpdeplay.com](http://www.arpdeplay.com) • Website: [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation)



arpd **FUN**



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## ARPD DIRECTOR'S MESSAGE

I'm excited to announce the revival of the Park T-Shirt League this summer. This is a free baseball program for kids in Kindergarten through 5th grades, a chance to play non-competitive baseball, learn skills, meet new friends, be a part of something, and just be a kid. More information is available on page 20. This program is a collaboration of ARPD, Alameda Friends of the Parks Foundation and the dedicated founding members including Kevin Kearney, Kevin Kennedy, Eric Cross, 'Lil' Arnerich, Kyle Conner, Adrienne Alexander, John Costello, Kin Robles, Cindi LaCroix, and Bill Sonneman. It is sponsored by the Alameda Elks Lodge #1015.

The City is reducing water use by 20% for all city facilities due to California's drought. Here at ARPD, we are working to meet and exceed that in our parks and recreation facilities. The result is that residents will see browner grass, especially in passive areas. Park hardscapes, such as tennis courts and benches, will not be as dirt-free as normal. Other long-term goals are to replace some grass in passive parks with drought-tolerant plants, install more drip irrigation, and increase mulching.

We are also developing the design and securing construction funding for Estuary Park Athletic Fields. This new facility is located on Mosley near Singleton, to the east of the homes in Bayport. It is an 8-acre park that includes the city's first lighted synthetic turf field for football, soccer, lacrosse, and rugby. Another important component is a synthetic baseball field for the Little League Challenger Division designed specifically for youth with physical and mental challenges.

Get out and play this summer because Parks Make Life Better! As always, I welcome your ideas and suggestions. You can contact me at [awooldridge@alamedaca.gov](mailto:awooldridge@alamedaca.gov) or like us on Facebook.



Amy Wooldridge, Director

**Parks  
Make  
Life  
Better!**

## Recycling & Compost! Coming to an Alameda Park near you

The City of Alameda received a grant from CalRecycle to implement a broader recycling collection plan in our parks and popular areas on the Island. Soon you will be seeing durable recycling and composting containers near the picnic areas of your favorite parks, close to coffee shops, and at other places where folks need a spot to discard their recyclable containers and food scraps. This expansion will be going on over the next couple of years, a project that is in cooperation between Alameda's Recreation and Parks Department and the Public Works Department.

**Questions about the program?**  
**Please call Public Works at 510-747-7930.**



## ARPD Program Staff

### Christina Bailey

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Playgroups, Vacation Camps  
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Aquatics  
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### Mariel Thomas

Classes, Travel, Senior Programs  
510-747-7511  
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## Recreation and Parks Commission

**Meets every 2nd  
Thursday at 7:00pm**

**At City Hall, Council Chambers  
2263 Santa Clara Ave., Alameda  
Everyone welcome**

**Also televised live on  
Alameda Cable TV Ch. 15**

# CITY DIRECTORY

## Alameda City Council

<b>Marie L. Gilmore</b>	Mayor
<b>Marilyn Ezzy Ashcraft</b>	Vice Mayor
<b>Stewart Chen</b>	Councilmember
<b>Tony Daysog</b>	Councilmember
<b>Lena Tam</b>	Councilmember

## Recreation and Parks Commission

<b>Bill Delaney</b>	Chair
<b>Lola Brown</b>	Vice Chair
<b>Ann Cooke</b>	Member
<b>Joseph Restagno</b>	Member
<b>Bill Sonneman</b>	Member

## STAFF

<b>John Russo</b>	City Manager
<b>Amy Wooldridge</b>	ARPD Director
<b>Jackie Krause</b>	Recreation Manager
<b>John McDonald</b>	Parks Manager
<b>Patrick Russi</b>	Recreation Manager
<b>Christina Bailey</b>	Recreation Specialist
<b>Dennis McDaniels</b>	Recreation Specialist
<b>Mariel Thomas</b>	Recreation Specialist
<b>Nora Pon</b>	Senior Clerk
<b>Amy Vales</b>	Accounting Technician
<b>Susie Brown</b>	Administration

## Alameda Recreation & Park Department



Web	<a href="http://www.alamedaca.gov/recreation">www.alamedaca.gov/recreation</a>
Online Registration	<a href="http://www.arpdplay.com">www.arpdplay.com</a>
Email	<a href="mailto:arpd@alamedaca.gov">arpd@alamedaca.gov</a>
Facebook	playARPD on Facebook
Phone	510-747-PLAY
Fax	523-4071
Hours	Mon - Thurs: 8am - 6pm; Fri: closed
Park Maintenance Repair Line	747-7542
Field Condition Hotline (after 2pm)	747-7540
Mastick Senior Center	747-7500
Park & Facilities	Refer to page 20 - 21

## CITY DEPARTMENT PHONE LIST

<b>Emergency</b> (Life or Property at Risk)	<b>911</b>
City Information	747-7400
City Attorney	747-4750
City Clerk & City Council	747-4800
City Manager's Office	747-4700
Alameda Municipal Power (AMP)	748-3900
Community Development	747-6850
Building	747-6800
Economic Development	747-6890
Finance	747-4881
Fire (Non-Emergency only)	337-2100
Chuck Corica Golf Complex	747-7800
Housing Authority	747-4300
Human Resources	747-4900
Library	747-7777
Police (Non-Emergency only)	337-8340
Anonymous Tip	337-8450
Animal Shelter	337-8565
Animal Control/FAAS Shelter	337-8340
Public Works	747-7900

## COMMUNITY RESOURCES

Alameda Alligators	<a href="http://www.alameda-alga.com">www.alameda-alga.com</a>
Alameda Attack Lacrosse	<a href="http://www.alamedalacrosse.com">www.alamedalacrosse.com</a>
Alameda Babe Ruth	<a href="http://www.alamedababeruth.com">www.alamedababeruth.com</a>
Alameda Boys & Girls Club	<a href="http://www.alamedabgc.org">www.alamedabgc.org</a>
Alameda Education Foundation	<a href="http://www.alamedaeducationfoundation.org">www.alamedaeducationfoundation.org</a>
Alameda Family Childcare Association	521-3997
Alameda Family Services	<a href="http://www.xanthos.org">www.xanthos.org</a>
Alameda Girls Softball	<a href="http://www.alamedagsa.com">www.alamedagsa.com</a>
Alameda Historical Museum	<a href="http://www.alamedamuseum.org">www.alamedamuseum.org</a>
Alameda Islanders	<a href="http://www.alamedaislanders.org">www.alamedaislanders.org</a>
Alameda Little League	<a href="http://www.eteamz.com/alamedalittleleague">www.eteamz.com/alamedalittleleague</a>
Alameda Meals on Wheels	<a href="http://www.alamedamealsonwheels.org">www.alamedamealsonwheels.org</a> (865-6131)
Alameda Pirates Football	<a href="http://www.thealamedapirates.org">www.thealamedapirates.org</a>
Alameda Soccer Club	<a href="http://www.alamedasoccer.org">www.alamedasoccer.org</a>
Alameda Swimming Pool Assn	<a href="http://www.alameda-swimming.com">www.alameda-swimming.com</a>
Alameda Unified School District	<a href="http://www.alameda.k12.ca.us">www.alameda.k12.ca.us</a>
Alameda Wolverines	<a href="http://www.alamedawolverines.com">www.alamedawolverines.com</a>
Alameda Youth Basketball	<a href="mailto:Randy4sports@hotmail.com">Randy4sports@hotmail.com</a>
Alameda Youth Collaborative	<a href="http://www.alamedayouth.com">www.alamedayouth.com</a>
American Red Cross	<a href="http://www.redcross.org">www.redcross.org</a>
Chamber of Commerce	<a href="http://www.alamedachamber.com">www.alamedachamber.com</a>
Chuck Corica Golf Complex	<a href="http://www.alamedagolf.com">www.alamedagolf.com</a>
Crab Cove Visitors Center	<a href="http://www.ebparks.org/parks/vc/crab_cove">www.ebparks.org/parks/vc/crab_cove</a>
East Bay Regional Park District	<a href="http://www.ebparks.org">www.ebparks.org</a>
Girls Inc. of the Island City	<a href="http://www.girlsincislandcity.org">www.girlsincislandcity.org</a>
USS Hornet Foundation Museum	<a href="http://www.uss-hornet.org">www.uss-hornet.org</a>
State Park Info and Reservations	<a href="http://www.parks.ca.gov">www.parks.ca.gov</a>

# COMMUNITY EVENTS

## Annual Fashion Show and Spring Luncheon

**Thursday, May 8**

**11:00 a.m. in the Mastick Social Hall**

The Annual Thrift Shop Fashion Show and Spring Luncheon will guarantee an enjoyable afternoon with friends and is a nice way to support Mastick Senior Center. Ticket sales begin Friday, April 11, 8:30 a.m. in the Mastick Office

## Earth Day Festival - Free!

**Saturday, Apr. 26**

**10:00 a.m. - 3:00 p.m., Washington Park**

Come celebrate the planet with us at Alameda's Earth Day Festival! As part of celebration, it is our goal to present simple lifestyle changes to help the environment. This year's theme is "Discover Your Power". Come enjoy the Farmer's Market, children's entertainment, vendor exhibits, Earth Day games and the Boy Scout and Girl Scout Reuse Pavilion. Learn about building a clean, healthy, sustainable world for generations to come.

**Get involved with the Earth Day Beach Clean-Up - Registration is required: (888) 327-2757 or online at [www.ebparksonline.org](http://www.ebparksonline.org)**

## 48th Annual Sand Castle & Sand Sculpture Contest

**Saturday, June 7**

**FREE - Starting at 9:00 a.m.,**

**Robert Crown Memorial**

**State Beach Park**

Registration 9:00 a.m. to 11:00 a.m.

Judging begins at 12:00 p.m.

Awards Ceremony at 1:00 p.m.

Start your creative juices flowing and get ready to bring your shovel and buckets to the beach to create a unique piece of art at the Sand Castle Contest. This FREE event is a fabulous family fun activity to either participate in or just come down to watch all of the action. The Contest is co-sponsored by the Bayview Women's Club, East Bay Regional Park District, Alameda Youth Committee, and ARPD.



## Starlight Movies in the Park

**Fridays 6:30 p.m. - 10:30 p.m.**

Free Starlight Movies in the Park will again take place this summer for families to enjoy. The event starts at 6:30 p.m. with pre-show festivities of games and crafts for kids. The featured movie begins at approximately 8:15 p.m. Snacks and food are available and proceeds support the Teen Program. Bring your own chairs and blankets and enjoy a film under the stars.



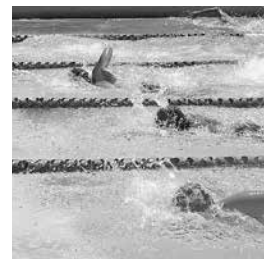
<b>Despicable Me 2</b>	Friday, June 20	Multi-Purpose Field
<b>Cloudy with a Chance of Meatballs II</b>	Friday, July 25	Multi-Purpose Field
<b>Back to the Future</b>	Friday, Sept. 12	Leydecker Field

## 60th Annual Swim Championships

**Friday, Aug. 8 through Sunday, Aug. 10**

**Encinal Swim Center, 230 Central Avenue at 3rd St.**

The 2014 City of Alameda Swim Championships is sponsored by ARPD in cooperation with the Alameda and Alameda Island Aquatics Swim teams. This Meet is organized and run by dedicated volunteers, parents, coaches and friends for the sole enjoyment of their children and to foster their continued interest in swimming. All participants must be Alameda residents to participate. All swimmers except those in the novice division must have their current USS Swimming registration. Masters swimming events are held Friday evening. Entries are available at Emma Hood and Encinal Swim Centers starting June 23rd. Entries close July 24.



## 101st Annual Alameda City Tennis Tournament

**Friday, Sept. 5 through Sunday, Sept. 7**

**Fairfield Tennis Courts at Lower Washington Park**

The tradition continues as the Alameda Recreation and Park Department presents the oldest continuous sporting event in the city. The tournament is open to all adults. Men's and women's divisions as well as doubles and mixed doubles in the following classes: 3.5, 4.0, and 4.5. Entries are available at Fairfield, Krusi, and Leydecker tennis courts, online and in the ARPD office starting July 7. Entries close August 27. Fees: \$20 singles; \$40 doubles.

## Everything Alameda

**Saturday, September 27**

**10:00 a.m. - 3:00 p.m., Washington Park**

Celebrating what our community has to offer, Everything Alameda activities include local food vendors, jumpers and games for kids, live music from local bands and youth groups, local art and craft vendors, and a beer and wine garden including a homebrew contest. Come out to enjoy a great day.



## PLAY FOR THE PARKS ANNUAL GOLF TOURNAMENT

**Monday, Sept. 15**

**1:00 p.m., Chuck Corica Golf Course**

Join over 100 Alameda residents at the 2nd Annual "Play For The Parks" Golf Tournament. Lots of fun, great auction items and dinner following the afternoon of golf. This tournament is all about having fun and spending time with friends and families! It's all for a wonderful cause as well.

**All donations directly support recreation and wellness programs in Alameda.**

For further information or to donate, visit **[www.alamedaparks.org](http://www.alamedaparks.org)**.

Registration forms will be available as of April 1.





# AQUATICS - SWIM SCHEDULE & ADULT CLASSES

## AQUATICS

The Summer Aquatics Program consists of youth and adult swim lessons, private lessons, lap swim, water walking, Aqua Zumba, tiny tot swim, and public recreational swim.

### Swim Locations

#### Emma Hood Swim Center

2256 Alameda Avenue at Oak St., (510) 522-8107

#### Encinal Swim Center

230 Central Avenue at 3rd St., (510) 522-4590

## SWIM SCHEDULE

### Lap Swim

#### Ages 16 and up

Swim at your own pace or use one of our sample swim workouts. Workouts for beginner through advanced levels will be available. Kick boards provided. Discount rate drop-in cards are available at the ARPD office and both swim centers. Must be at least 16 years old.

Emma Hood Swim Center	Encinal Swim Center
June 23 - Aug 21 Monday - Thursday 9:00 a.m. - 9:45 a.m.	June 23 - Aug 21 Mon. - Thur. 7:15 p.m. - 8:45 p.m.
	June 28 - August 2 Saturdays 9:30 a.m. - 10:15 a.m.
Adults (16 - 49)	\$5 res./\$6 non-res./10-Visit Pass \$45
Seniors (50+)	\$3 res./\$4 non-res./10-Visit Pass \$27

### Recreational Swim

#### All Ages

This is an open swim program designed for recreational swimmers of all ages and abilities. Children under 7 and those under 50 inches tall must be accompanied in the water by someone who possesses a level 4 swim card and/or is 13 years of age. Participants over 18 years of age can have two children in the water simultaneously. Children under 7 may not be left unattended at any time. Drop in cards available at the ARPD office and both swim centers. Please note that swim hours may be reduced due to low attendance or poor weather.



Swim Season	June 23 - August 23
<b>Emma Hood Swim Center</b> Monday - Thursday 1:45 p.m. - 4:00 pm	<b>Encinal Swim Center</b> Fridays: 12:00 p.m. - 4:00 p.m. Saturdays: 1:30 p.m. - 4:00 p.m.
Youth (17 and under) or Senior (50+)	\$3 res./\$4 non-res./10 visit pass \$27
Adult	\$5 res./\$6 non-res./10 visit pass \$45

## ADULT CLASSES

### Aqua Zumba

Known as the Zumba "pool party", Aqua Zumba gives new meaning to the idea of an invigorating workout. Integrating the Zumba philosophy with traditional aqua fitness disciplines. Aqua Zumba blends it all together into a safe, challenging, water based workout that's cardio- conditioning, body-toning, and most of all, exhilarating beyond belief.

#### Encinal Swim Center

June 23 - Aug 21	Monday - Thursday	7:15 p.m. - 8:00 p.m.
Adults (16 - 49)	\$5 res./\$6 non-res./10-Visit Pass \$45	
Seniors (50+)	\$3 res./\$4 non-res./10-Visit Pass \$27	

### Adult Classes, Lap Swim & Rec Swim are Drop-In

### Swim Lessons

Whether you are a first time swimmer or looking to refine your swim strokes, this is the class for you. Swimmer will receive a 10 lesson punch card at the first class. Must be at least 16 years old.

Encinal Swim Center	Class #13512	\$100 for 10 classes
June 23 - Aug 21	Mon. - Thur.	7:15 p.m. - 8:00 p.m.
June 28 - Aug 2	Saturdays	9:30 a.m. - 10:15 a.m.

### Water Walking

Aquatic exercise is a great low impact activity that takes the pressure of joints, bones and muscles. Water provides natural resistance, which can help strengthen muscles. Class will take place in waist high heated water. Participants may bring water shoes, hand webs or other resistance items. Discount rate drop in cards are available at the ARPD office and Emma Hood Swim Center. Must be at least 16 years old.

#### Emma Hood Swim Center

June 23 - Aug 21	Monday - Thursday	9:00 a.m. - 9:45 a.m.
Adults (16 - 49)	\$6 res./\$7 non-res./10-Visit Pass \$54	
Seniors (50+)	\$4 res./\$5 non-res./10-Visit Pass \$45	



# YOUTH CLASSES - AQUATICS

## YOUTH CLASSES

### Swim Session Dates

<b>Session 1</b>	June 23 – July 10 (12 lessons)
<b>Session 2</b>	July 14 – July 31 (12 lessons)
<b>Session 3</b>	Aug 4 – Aug 21 (12 lessons)



### Private Tutor Swim Lessons

#### Ages 3 – 15

We are excited to offer private swim tutors. Swimmers learn at their own pace with personalized individual instruction.

Mon. – Thur.	Emma Hood Swim Center		
Ages 6 – 15	\$306 res./\$354 non-res.		
Time	Session 1	Session 2	Session 3
10:00 a.m. – 10:30 a.m.	Class #13495	Class #13496	Class #13497
10:30 a.m. – 11:00 a.m.	Class #13498	Class #13499	Class #13500
11:00 a.m. – 11:30 a.m.	Class #13501	Class #13502	Class #13503
11:30 a.m. – 12:00 p.m.	Class #13504	Class #13505	Class #13506

Mon. – Thu.	Encinal Swim Center	
Ages 3 – 15	\$306 res./\$354 non-res.	
2:20 p.m. – 2:50 p.m.	Session 1	Class #13548
2:20 p.m. – 2:50 p.m.	Session 2	Class #13549
2:20 p.m. – 2:50 p.m.	Session 3	Class #13550

Saturdays	Encinal Swim Center	
Ages 3 – 15	\$153 res./\$177 non-res.	
11:55 a.m. – 12:25 p.m.	June 28 - Aug 2	Class #13516

### Tiny Tot/Parent Swim Lessons

#### 12 months – 4 years

A great way to get your young child familiarized with the pool and prepare them for future swim lessons. Parent or guardian at least 16 years of age must accompany each child in the pool. Swim diapers required for children who are not potty trained. Discount rate drop in cards are available at the ARPD office and both swim centers.

Emma Hood Swim Center	June 23 – Aug 21
Monday – Thursday	12:00 p.m. – 12:30 p.m.
\$10 drop in for parent/guardian and child	10-Visit Pass \$80

### Special Needs Swim Lessons

#### Age 6 – Adult

A swim class for those with special needs. No more than 2 students per instructor. Instructors will work on skills based on the students' capabilities, basic skills through stroke development and lap swim.

Emma Hood Swim Center	Monday – Thursday
12:45 p.m. – 1:25 pm	\$150 resident / \$167 non-resident
Session 1	Class #13508
Session 2	Class # 13509
Session 3	Class # 13510

Encinal Swim Center	Saturdays
1:00 p.m. – 1:30 p.m.	\$153 res./\$177 non-res.
June 28 - Aug 2	Class # 13555

### Youth Swim Lessons

#### Encinal Swim Center

#### Ages 3 – 15

All swim classes follow the American Red Cross Level system. Visit [www.redcross.org](http://www.redcross.org) for level requirements. Each student will be tested by staff and placed in classes according to Red Cross standards.



Ages 3 – 5	Ages 6 – 15
Monday – Thursday: Session 1, 2 & 3	
\$81 res. /\$93 non-res.	\$122 res./\$140 non-res.
<b>12:00 p.m. – 12:30 p.m.</b>	<b>10:00 a.m. – 10:45 a.m.</b>
Session 1: Class #13518	Session 1: Class #13533
Session 2: Class #13519	Session 2: Class #13534
Session 3: Class #13520	Session 3: Class #13535
<b>2:55 p.m. – 3:25 p.m.</b>	<b>12:40 p.m. – 1:25 p.m.</b>
Session 1: Class #13521	Session 1: Class #13545
Session 2: Class #13522	Session 2: Class #13546
Session 3: Class #13523	Session 3: Class #13547
<b>4:25 p.m. – 4:55 p.m.</b>	<b>1:30 p.m. – 2:15 p.m.</b>
Session 1: Class #13524	Session 1: Class #13536
Session 2: Class #13525	Session 2: Class #13537
Session 3: Class #13526	Session 3: Class #13538
<b>5:00 p.m. – 5:30 p.m.</b>	<b>3:35 p.m. – 4:20 p.m.</b>
Session 1: Class #13527	Session 1: Class #13539
Session 2: Class #13528	Session 2: Class #13540
Session 3: Class #13529	Session 3: Class #13541
<b>5:35 p.m. – 6:05 p.m.</b>	<b>6:15 p.m. – 7:00 p.m.</b>
Session 1: Class #13530	Session 1: Class #13542
Session 2: Class #13531	Session 2: Class #13543
Session 3: Class #13532	Session 3: Class #13544

Ages 3 – 5	Ages 6 – 15
Saturdays: June 28 - Aug 2	
\$41 res. /\$47 non-res.	\$61 res./\$70 non-res.
<b>11:15 a.m. - 11:45 a.m.</b>	<b>10:25 a.m. – 11:10 a.m.</b>
Class #13515	Class #13514
<b>12:30 p.m. – 1:00 p.m.</b>	
Class #13517	

# TOTS - SUMMER CAMPS

## TOTS CAMPS

### 3 years to Pre-Kindergarten

#### In order to be enrolled, your child must:

- Be ready to separate from parent (and parent from child).
- Be willing to participate in the program without parent being present.
- Be out of diapers/pull ups.
- Able to tend to their personal needs.
- Meet the age requirement by the first day of class

### Introduction to Small Fry

#### Ages 3 – 3 years 11 months

Designed to help your child develop his/her social, emotional and self help skills through play base activities. Recommended for any 3 year old who has not been in any pre-school setting or plan on attending ARPD Small Fry Class in the Fall 2014.

Location: Littlejohn Center	Time: 9:00 a.m. to 12 noon
Days: Monday, Wednesday, Friday	June 23 to August 1 (No class on July 4)
Cost: \$285 per child	Class #13306

### Pre-Kindergarten Readiness

#### Child must be entering Kindergarten in Fall 2014

Designed to help the pre-school student, about to enter Kindergarten, who is still struggling with his/her letters and numbers. They will learn songs, stories, and rhymes all to help their phonetic awareness. Other activities include arts and crafts, motor fitness, and outdoor games.



Location: Leydecker Center	Time: 9:00 a.m. to 12 noon
Days: Monday, Wednesday, Friday	June 23 to August 1 (No class on July 4)
Cost: \$315 per child	Class # 13307

### Small Fry Rembrandts Art Camp

#### Ages 3 – 3 years 11 months

Come and experience the fun of working with your hands and imagination. Explore the fun of painting with your hands and feet. You will be using various different mediums in this class from plaster to paint. All art projects are age appropriate.

Location: Littlejohn Center	Time: 9:00 a.m. to 12 noon
Days: Tuesday & Thursday	July 1 to August 1
Cost: \$170 per child	Class # 13308

### Tadpole Camp

#### Ages 3 – 5, Pre-Kindergarten

Have you always wanted to take a swim class while at camp? At Tadpole Camp, we combine a regular day camp activity with a 45-minute swim session. The campers will meet at Woodstock Park in the morning for traditional day camp crafts, songs and snack. They will then walk down to Encinal Swim Center for a swim lesson. Fridays are non-swim day at Woodstock Park.



<b>Location:</b>	Drop off Woodstock Park Pick up at Encinal Swim Center (except Fri)		
<b>Time</b>	9:00 a.m. – 12:00 p.m.		
<b>Session 1</b>	June 23-27	Fee \$160	Class # 13296
<b>Session 2</b>	June 30-July 3 (No Class on July 4)	Fee \$130	Class # 13297
<b>Session 3</b>	July 7-11	Fee \$160	Class # 13298
<b>Session 4</b>	July 14-18	Fee \$160	Class # 13299

### Jumping Frog Sports Camp

#### Ages 3 – 5, Pre-Kindergarten

Sport are not just for big kids! Come learn a variety of games from soccer, basketball, baseball, tennis and even four square. Learn how to cooperate and work as a team while at the same time developing gross and fine motor skills. Campers will take home a sports related craft daily.

<b>Woodstock Park</b>	9:00 a.m. – 12:00 p.m.	\$85 per session
<b>Session 1</b>	July 21-25	Class # 13300
<b>Session 2</b>	July 28-August 1	Class # 13301

### Summer Spanish for Kids

#### Ages 3.6 – 8

Come and experience a week of Spanish Immersion through songs, interactive games, arts and crafts and storytelling. Activities will focus on learning and developing Spanish language skills. The camp will be lead by a bilingual instructor.

<b>Woodstock Park</b>	<b>Cost: \$90</b>	<b>Max: 16</b>
<b>Camp I</b>	Ages 3.6 to Pre-Kindergarten (entering Kindergarten in Fall 2014)	
August 4 to 8	9 a.m. to 12 noon	Class #13304
<b>Camp II</b>	Ages: Kindergarten* to 8 years (*have completed Kindergarten)	
August 11 to 15	9 a.m. to 12 noon	Class #13305



# SUMMER CAMPS & PLAY GROUPS - TOTS

## Exploring Art Camp

### Ages 4 – 5, Pre-Kindergarten

This camp allows your child to work with a variety of different mediums while developing his/her own creativity and developing his/her fine motor skills. All art projects are age appropriate.

Location: Leydecker Center	Time: 9:00 a.m. to 12 noon
Days: Tuesday & Thursday	July 1 to August 1
Cost: \$170 per child	Class #13309

## Simple Science

### Ages 4 – 5, Pre-Kindergarten

Hands on science experiments for the child with an inquiring mind. This class will also help enhance his/her creative thinking and power of observation, as well as learning that science can be fun.

Location: Woodstock Park	Time: 1:30 p.m. to 3 p.m.
Days: Monday through Friday	July 14 to 18
Cost: \$55 per child	Class #13310

## Tenderfoot Camp

### Ages 4 – 5, Pre-Kindergarten

A beginning camp experience for children, 4-5 years old (pre-kindergarten). Activities include camp crafts, storytelling, games, songs, and special activities. Please bring a bag lunch to camp daily.

<b>Lower Washington Park</b> (by the tennis courts)	9:30 a.m. – 12:30 p.m.	Fee \$85
<b>Session 1</b>	August 4-8	Class #13302
<b>Session 2</b>	August 11-15	Class #13303

## Tot Chef

### Ages 4 – 5, Pre-Kindergarten

Learn basic math, science and social skills through the world of Tot Chef. Children will learn the proper use and safety skills needed for working in the kitchen. A cookbook will go home at the end of the week with the recipes they made that week. This class is not recommended for children with severe food allergies.

Location: Woodstock Park	Time: 1:30 p.m. to 3 p.m. (5 classes)
Days: Monday through Friday	July 7 to July 11
Cost: \$60 per person	Class #13340



## PLAY GROUPS

### Alameda Wee Play

#### Ages 6 month – 3 years

Come and experience Alameda's play center for infants and toddlers ages 6 months to 3 years! Activities include developmental and exploratory play, music time, and coloring. Activities are minimally structured which allows children to enjoy and explore on their own terms. Children must be accompanied and supervised by a parent or caregiver at all times.



Date	Continuously (Closed on May 26, July 4, September 1)
Days	Mondays, Wednesdays, & Fridays
Times	10:00 a.m. – 1:00 p.m.
Location	Alameda Veteran's Memorial Building, 2203 Central Avenue
Cost	\$6 Drop-in per day per child OR \$60 Drop-in Card for 12 visits
<i>Volunteer to set up or clean up and receive free entrance for that day!</i>	

### Parent/Child Play Group

#### Ages 2 – 3.6 years

Experience the wonderful world of pre-school with your child while learning how important play is as an effective learning tool. This class will allow you one-on-one time to help your child develop their fine and gross motor skills as well as cognitive development. As a parent you will also have an opportunity to share the trials and tribulation of parenthood with other parents.

This class is designed to have you, the parent, leading many of the activities with the guidance of a Tiny Tot instructor who will share with you the techniques used in pre-school. This class will offer a broad range of activities including art, story time, movement, socialization, self-regulation and self-expression.

**Other siblings may not attend class and parents must stay and participate.**

**Early registration is available for this fall class.**

Location: Woodstock Park	Time: 1:30 to 3:00 p.m.
Days: Tuesdays (5 classes)	Oct. 7– Nov. 4
Cost: \$50	Class # 13339



## TINY TOTS & SMALL FRY

The Alameda Recreation and Parks Preschool is a recreation, play-based program for children ages 3 to 5 years old (pre-kindergarten). Activities include storytelling, games, arts and crafts, cooking, music, motor fitness and free play.

### REQUIRED:

- Children must be the correct age on the first day of class
- Children must be completely potty-trained and able to attend to their own personal needs to the best of their ability
- Children must also be able to separate from their parents.
- **PROOF OF AGE IS REQUIRED AT REGISTRATION - NO EXCEPTIONS**



### Fall 2014 Session

**Sept. 15 – Dec. 12, 2014 (12 weeks)**

No class: Nov. 11 and Nov. 24 – 28

**Fall registration** is in June with a lottery registration. Open registration is taken until the end of October, or until a class is full. Classes that do not meet the minimum number of students a week before the class is to begin may be cancelled.

### Winter 2015 Session

**January 5 – March 28, 2015 (12 weeks)**

No class: Jan. 20, Feb 14 and 17

**NEW students for any remaining spots** may register Wed., December 10, 2014 at 8:00 a.m. at the ARPD office, 2226 Santa Clara Ave., Alameda. (Students in FALL 2014 session have registration priority)

### Fall 2014 & Winter 2015 Schedule

SMALL FRY CLASSES (3 to 3 yrs, 11 mo.)			Fall 2015	Winter 2015
Mon/Wed/Fri	9:00am – 12:00pm	Godfrey, Bay Farm Island	Class # 13311	Class # 13317
Tues/Thurs	9:00am – 12:00pm	Godfrey, Bay Farm Island	Class # 13312	Class # 13318
Mon/Wed/Fri	9:00am – 12:00pm	Littlejohn Park	Class # 13313	Class # 13319
Tues/Thurs	9:00am – 12:00pm	Littlejohn Park	Class # 13314	Class # 13320
Tues/Thurs	9:00am – 12:00pm	McKinley Park	Class # 13315	Class # 13321
Tues/Thurs	9:00am – 12:00pm	Washington Park	Class # 13316	Class # 13322
TINY TOT CLASSES (4 to 5 years)				
Tues/Thurs	9:00am – 12:00pm	Leydecker, Bay Farm Island	Class # 13325	Class # 13333
Mon/Wed/Fri	9:00am – 12:00pm	Leydecker, Bay Farm Island	Class # 13324	Class # 13332
Mon/Wed/Fri	9:00am – 12:00pm	McKinley Park	Class # 13326	Class # 13334
Mon/Wed/Fri	12:00pm – 3:00pm *	McKinley Park	Class # 13327	Class # 13335
Mon/Wed/Fri	9:00am – 12:00pm	Washington Park	Class # 13328	Class # 13336
Mon/Wed/Fri	9:00am – 12:00pm	Woodstock Park	Class # 13329	Class # 13337
Mon/Wed/Fri	12:00pm – 3:00pm *	Woodstock Park	Class # 13323	Class # 13331
Tues/Thurs – Bilingual	9:00am – 12:00pm	Woodstock Park	Class # 13330	Class # 13338
* Afternoon students bring their lunch to class.				

## 2014 FALL REGISTRATION LOTTERY

**Lottery is June 4, 2014 to June 26, 2014**

The Fall program lottery is provided to give everyone an opportunity to participate in our popular program. Forms are available at the ARPD office or website. Online registration is not available for Small Fry and Tiny Tot classes.

### Mail, email or drop off the following:

- Completed registration form (all fields must be completed)
- Payment by check (made to ARPD); Visa, Master Card or Discover. **DO NOT SEND CASH**
- Child's proof of age (required for new & returning students)

Faxes are not accepted. ARPD is not responsible for lost or misdirected mail or email. Incomplete registrations will delay processing. A receipt confirming your child's enrollment will be sent to you no later than July 17, 2014.

**Processing Dates:** Forms sent early are strongly discouraged. All forms received before June 4 are processed last. Open registration begins Monday, July 7, 2014 for any remaining spaces.

**If you have any questions, please contact Adele Hope at (510) 747-7553 or [ahope@alamedaca.gov](mailto:ahope@alamedaca.gov)**

## Fees & Payment Schedule

FALL 2014 & WINTER 2015	
Mon/Wed/Fri	Full Payment: \$622 Two Payments: \$326 each*
Tues/Thurs	Full Payment: \$414 Two Payments: \$222 each*
Mon – Friday (5 days) <b>Only Tiny Tots may attend 5 days</b>	Full Payment: \$1,036 Two Payments: \$548 each*
* <b>FALL:</b> 1st payment due on enrolling, 2nd payment due 9/15/14 * <b>WINTER:</b> 1st payment due on enrolling, 2nd payment due 1/15/15	

## WOW CAMPS

### World of Wonder (WOW)

**Ages: 5 - 11** (Completed Kindergarten-Fourth grade)

Don't be stuck inside, take the "Tour of the Summer Cup - All in One Rhythm," this summer at ARPD. The World of Wonder (WOW) program has been the favorite way for kids to spend their summer vacation and for parents to be assured of the security of a supervised recreational care program. All activities are geared toward a weekly theme. Multiculturalism and Movement are the overall themes this summer. Activities include the following: cooking, crafts, games, drama, nature, swimming, walking excursions, and much, much more!!

\*Participants will have opportunity to partake in a fishing program led by East Bay Regional Park District. More details will be available at your sites. The Recreational free-swim will be available on Fridays for \$5. The Swim to Live Lessons will be offered again for two sessions July 21 - 25 and July 28 - Aug. 1 from 10:45-11:45 a.m. at Encinal Swim Center. The cost will be \$45 which includes the lessons and transportation from WOW site.

#### Summer Sessions

Godfrey Park	June 18 - August 15	7:15 a.m. - 5:30 p.m.
Washington Park	June 18 - August 15	7:15 a.m. - 5:30 p.m.

#### Weekly Session Fees:

Mon. - Fri.	Weekly Session	\$170
Reduced Week	June 18 - 20	\$110
Reduced Week	June 30 - July 3	\$140

#### Summer Weekly Themes

"Tour of the Summer Cup - All in One Rhythm" - A Celebration of World Cultures

June 18 - 20	Summer Qualifiers
June 23 - 27	All for One, One for Goal(s)
June 30 - July 3 (Closed on July 4th)	Learn the "Fun"amentals
July 7 - 11	Send out your Best Striker
July 14 - 18	Intermission Celebration
July 21 - 25	Take a Water Break
July 28 - Aug. 1	Cheer on the Home team! & Park Special Events
Aug. 4 - 8	Field of Dreams
August 11-15	Take Home the Summer Trophy



### World of Wonder (WOW) Extended Care Program

**Ages: 5 - 11** (Completed Kindergarten-Fourth grade)

Those families participating in specialty classes and sports programs can take advantage of a special program by registering for the additional classes and WOW extended care. The WOW extended care program is designed to allow participants to sign up for special classes, sports camps, and Day Camp. Participants will be transported back and forth from their respective WOW sites and additional program(s). Cost vary depending on the additional program's time frame. The different WOW sites service different programs that are located closer to their site. (See list below) Participants must be at WOW Site 30 minutes prior to start of the additional program.

#### Qualifying Day Camp

<b>Hidden Cove</b>	Godfrey or Washington	\$70
<b>Trails End</b>	Godfrey or Washington	\$60
<b>Special Interest Classes &amp; Sports</b>	Godfrey	\$115

Includes: Awesome Engineer Class (7/7-11), Chess Camps, Mad Science Classes, Freshi Design Media Classes, Sciensational Workshops, Alameda Ballet Academy Camp, National Academy Field Hockey, National Academy Lacrosse, UK Soccer Camp, Skyhawks Tennis (morning session only), & Skyhawk Quickstart Tennis

<b>Special Interest Classes &amp; Sports</b>	Washington	\$115
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Includes: Lego Classes, Mad Science Classes, \*Awesome Engineer Class (8/4-8), Circus Moves, National Academy Basketball Camp (Reduced Rate of \$70), National Academy All Sports Camp (Reduced Rate of \$70), Skyhawks Cheerleading Camp, Skyhawks Flag Football, & ARPD VB Match Volleyball Camp, Sailing Camp (\$125 per week)

## FIELD TRIPS

**Youth Ages 5 - 11** (Completed Kindergarten - Fourth Grade)

These optional field trips are geared for participants to learn, move, and have fun! Snacks are included and lunch where noted.

<b>June 25</b>	Boomers - Laser Tag, Miniature Golf, & More (Livermore)	\$35/\$45* w/lunch
<b>July 2</b>	Encore Gymnastics - Trampoline, Rock Climbing (Concord)	\$35/\$45*
<b>July 9</b>	Adventure Playground & Eco Program (Berkeley)	\$20/\$30*
<b>July 16</b>	Oakland Zoo	\$20/\$30*
<b>July 18</b>	The Summer Cup (Encinal Pool Party)	\$5/\$10* w/lunch
<b>July 23</b>	Aqua Adventures (Fremont)	\$30/\$40* w/lunch
<b>July 30</b>	Children's Creativity Museum & Yerba Buena Gardens	\$30/\$40*
<b>Aug. 6</b>	Oakland Athletic Game (Oakland)	\$25/\$35 w/lunch
<b>Aug. 13</b>	Gilroy Gardens (Gilroy)	\$40/\$50*

\* WOW Participant Fee / Non-WOW Participant Fee



# YOUTH - SUMMER CAMPS

## NATURE CAMPS

**Registration starts Monday, March 24, 2014.**

Camp fills quickly – sign up soon!

You may request to be grouped with one other camper per session (only one allowed). We will make every effort to accommodate requests. Include the friend's name and be sure that he/she is registered for the same camp session.

### Hidden Cove Day Camp

**Ages 5 – 7** (Completed Kindergarten or 1st Grade)

Explore and enjoy the exciting adventures of the outdoors with hiking, camp skills, cooking, nature crafts, out of town field trips, all highlighted by the Thursday Night Family Camp Program. Parents/Guardians are responsible for transportation. Only campers registered in the extended care program will be bussed to and from camp. The sign in/out is required and is located in the lawn area across from the parking lot at the Otis/Westline entrance to Robert Crown Memorial State Beach Park. A letter with instructions will be sent to you and must be presented to gain access to the parking lot.

<b>Mon, Tues, Wed and Fri:</b> 9:00 a.m. – 3:00 p.m. <b>and Thurs:</b> 10:00 a.m. – 6:30 p.m.			
<b>Session 1</b>	June 23-27	\$145 R / \$160 NR	Class #13225
<b>Session 2</b>	June 30 – July 3 (No camp July 4)	\$120 R / \$132 NR	Class #13226
<b>Session 3</b>	July 7-11	\$145 R / \$160 NR	Class #13227

### Trails End

**Ages 7 – 11** (Completed 2nd - 5th Grades)

Redwood Regional Park in the Oakland Hills provides the natural setting for the outdoor fun of archery, swimming, hiking, camp skills, nature crafts and cooking. Families may join in the fun at the Thursday Night Family Program. Campers are bussed to and from camp daily except Thursday evenings.

Bus Pick-up and Drop-off points for Trails End campers are at the following parks: Franklin, Godfrey, Krusi, Lincoln, Longfellow, McKinley, Tillman and Washington.

<b>Mon, Tues, Wed and Fri:</b> 8:30 a.m. - 4:30 p.m. <b>and Thurs:</b> 10:00 a.m. - 7:00 p.m.			
<b>Session 1</b>	July 14-18	\$160 R / \$176 NR	Class # 13235
<b>Session 2</b>	July 21-25	\$160 R / \$176 NR	Class # 13236
<b>Session 3</b>	July 28 – Aug. 1	\$160 R / \$176 NR	Class # 13237
<b>Session 4</b>	August 4-8	\$160 R / \$176 NR	Class # 13238



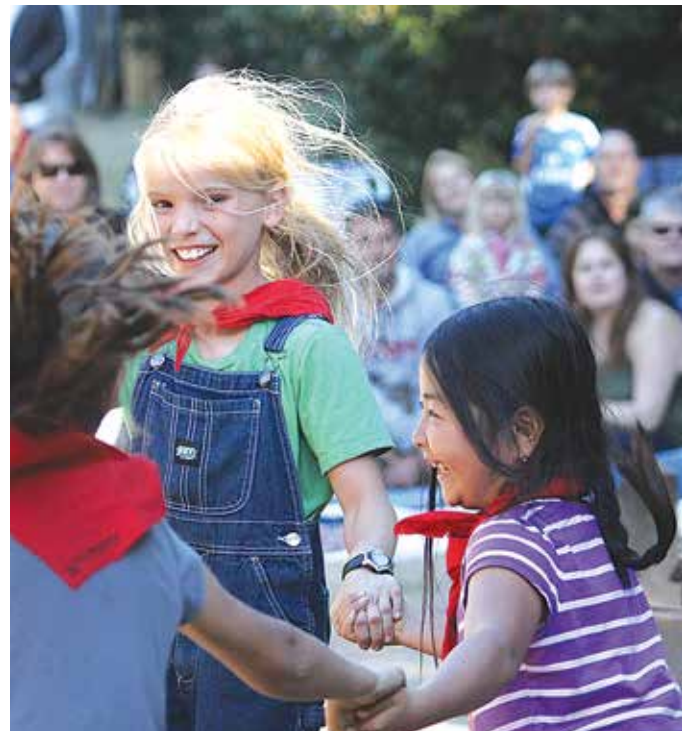
### Trailblazers

**Ages 8 – 11**

(Completed 3rd - 5th Grades)

This three-day adventure will include hiking, camp skills, cookouts, archery, swimming; an overnight and just plain fun in the untamed outdoors of Redwood Regional Park in the Oakland Hills. Campers are bused to and from Camp from Franklin and Lincoln Park.

<b>Aug 11-13</b>	<b>\$160 R / \$176 NR</b>	<b>Class #13234</b>
Monday	8:30 a.m. to 5:30 p.m.	
Tuesday	8:30 a.m. and overnight	
Wednesday	5:30 p.m. return to Alameda	

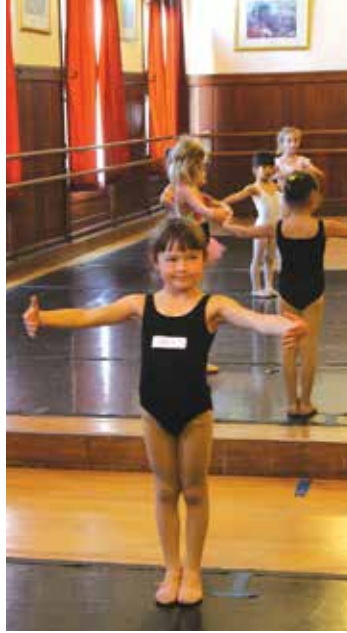


## ENRICHMENT CAMPS

### Alameda Ballet Academy Camp

#### Ages 5 - 6

This camp is designed for beginning and returning students. In addition to a daily dance class, children learn about and watch a different famous classical ballet video each week. Students learn valuable lessons about anatomy, nutrition, dance history and vocabulary while exploring creativity through exercise in movement concepts. Every child goes home with their own Ballet Camp Scrapbook they have created. Please email ABA at [admin@alamedaballet.com](mailto:admin@alamedaballet.com) for information on what your child will need to bring to camp or if interested in before or after care (put ARPD in subject line).



9:00 a.m. - 12 p.m.		Alameda Ballet		
<b>Session 1</b>	June 16 - June 20	Sleeping Beauty	\$180	Class# 13585
<b>Session 2</b>	June 23 - June 27	Cinderella	\$180	Class# 13586
<b>Session 3</b>	June 30 - July 3	The Wayward Daughter	\$145	Class# 13587
<b>Session 4</b>	July 7 - 11	Swan Lake	\$180	Class# 13588

### Awesome Engineering

#### Ages 7 - 13

Are you ready to have an AWESOME time? This program is designed to teach children fundamental engineering and construction concepts using Erector educational toys, while working together to build structures they encounter every day; including bridges, cars, skyscrapers, and more! Concepts include: Torque vs. Speed, Belt and Pulley Systems, Gravity, Friction and Truss Systems, etc. Supplies provided. \$10 materials fee payable to the instructor at first class. Instructor: Awesome Engineering

<b>July 7 - 11</b>	<b>9:00 a.m. - 12:00 p.m.</b>	<b>Leydecker</b>
Fee: \$183 + \$10 Material fee		Class #13589
<b>July 7 - 11</b>	<b>1:00 p.m. - 4:00 p.m.</b>	<b>Leydecker</b>
Fee: \$183 + \$10 Material fee		Class #13590
<b>Aug. 4 - 8</b>	<b>9:00 a.m. - 12:00 p.m.</b>	<b>Veteran's Rm 390</b>
Fee: \$183 + \$10 Material fee		Class #13591
<b>Aug. 4 - 8</b>	<b>1:00 p.m. - 4:00 p.m.</b>	<b>Veteran's Rm 390</b>
Fee: \$183 + \$10 Material fee		Class #13595

### Ballerina & Princess Camp

#### Ages 3 - 6

Princess campers will dance, sing and act like a different Disney princess each day. Family and friends are invited to attend the "Princess Ball" on the last day of camp. Each day will include an arts and craft project. Bring lunch if child is attending two consecutive sessions. Leotard and ballet skirt with tights and ballet shoes encouraged.

June 23 - 27	Fee: \$173	Dance/10
Ballerina Camp	9:30 a.m. - 11:30 a.m.	Class# 13596
Princess Camp	12 p.m. - 2:00 p.m.	Class# 13597

### Music Man

#### Ages 5 - 12

Learn to sing, dance and act - like a professional! This camp/workshop is run like a summer stock program and is a fantastic introduction into musical theater and a concentrated training for children without the pressure of their academic studies. This year's show will be a mini version of MUSIC MAN. Performance will take place on Thursday July 3rd at Dance/10 at 1:00 pm. Wear dance clothes or clothing that you can easily move in each day. No dresses or Jeans. Please bring lunch. Jazz or Ballet shoes encouraged.

June 30 - July 3	M-T-W-Th	11:00 a.m. - 3:00 p.m.
Dance/10	Fee: \$230*	Class #13598

\*includes costume and prop fee





# YOUTH - SUMMER CAMPS

## BOOST LEADERSHIP CAMPS

### 6th Grade Here I Come

(For girls entering 6th grade)

Workshops, games, and activities designed to help girls build confidence, communication, and leadership skills. Topics include: health and nutrition, effective communication and listening skills, and building trust and leadership through physical activity. These activities are designed to build confidence and prepare girls as they transition to middle school.



**NEW**

June 30 - July 3	Mon - Thurs	9:00 a.m. - 3:00 p.m.
Krusi Park - picnic area	Fee: \$223	Class# 13599

### Leadership Boosters

**Ages 8 - 14**

Kids will participate in a variety of games throughout the week, and will gain confidence to direct and coach their peers. The camp will culminate in a Games Fest, where the kids will invite their friends and family to participate in activities they are facilitating.

**NEW**

July 14 - 18	Mon - Fri	9:00 a.m. - 3:00 p.m.
Krusi Park - picnic area	Fee: \$278	Class# 13600

### Team Boosters

**Ages 10-14**

Build self-esteem, trust, and teams! Enjoy cooperative games (Tiger Tails), trust building activities (Leaf Lift), and problem solving activities (Great Egg Drop). Build new skills to enhance experiences in school, life and with friends.

**NEW**

Aug. 4 - 8	Mon - Fri	9:00 a.m. - 3:00 p.m.
Krusi Park - picnic area	Fee: \$278	Class #13601

## Encinal Yacht Club Jr. Sailing Program

**Ages 8 - 18**

This class offers basic sailing skills in small 1-2 person sailboats. Focus is on self-sufficiency, safety and FUN! No prior experience necessary. All sailors must pass a basic swim test. Class is held rain or shine. Dress to be on/in the water. Sailors need to bring a USCG approved life jacket. Note: Additional Liability and Medical Forms need to be completed and submitted to the Instructor at first class.

Instructor: Encinal Yacht Club Staff

Mon - Thurs	Fee: \$508 (12 classes)	Encinal Yacht Club
June 16 - July 3	8:30 a.m. - 12:00p.m.	Class# 13602
July 7 - 24	8:30 a.m. - 12:00p.m.	Class# 13603
July 28 - Aug. 14	8:30 a.m. - 12:00p.m.	Class# 13604

## Encinal Yacht Club Green Guppies Program

**Ages 6 - 7**

This is NOT a "learn to sail" class, though participants will often be engaged in sailing related activities on/off the water, including games, swimming, and arts/crafts. Focus is on building confidence, comfort, and respect for the water. Camper will need to bring a USCG approved life jacket. Class held rain or shine. Dress to be on/in the water. Note: Additional Liability and Medical Forms need to be completed and submitted to the Instructor at first class.

Instructor: Encinal Yacht Club Staff

Mon - Thurs	Fee: \$508 (12 classes)	Encinal Yacht Club
June 16 - July 3	8:30 a.m. - 12:00p.m.	Class# 13605
July 7 - 24	8:30 a.m. - 12:00p.m.	Class# 13606
July 28 - Aug. 14	14 8:30 a.m. - 12:00p.m.	Class# 13607

## FRESH MEDIA CAMPS

### Animation Creators: Computer Animation

**Ages 8 - 13**

Young animators learn computer software techniques to create digitally animated characters and stories. In this class, participants will learn skills that help with computer drawing, character creation and movement, voiceover work and character interaction and speech.

June 23 -27	9:00 a.m. - 12:00 p.m.	Leydecker
Fee: \$187	Class# 13608	

### Intro to Game Design

**Ages 7 - 12**

Beginning Game Developers work in pairs to conceive, design and create characters, action, backgrounds, the music and the game format. Students use creative and critical thinking to complete their games and build teamwork skills working in partners.

June 23 -27	1:00 p.m. - 4:00 p.m.	Leydecker
Fee: \$187	Class# 13609	

### Game Design: Beginning to Advanced

**Ages 7 - 12**

Advanced gamers learn new techniques including multiple character animations and movement options, platform games and game genres. Beginners work in pairs and are introduced to game design, character creation, background design and building a complete video game level.

Fee: \$187	Leydecker	
July 14 - July 18	9:00 a.m. - 12:00 p.m.	Class# 13610
Aug. 4 - 8	1:00 p.m. - 4:00 p.m.	Class# 13611



## Tech Builders: App Design

### Ages 9 - 14

Utilizing Multimedia Fusion 2 software, students work closely with instructors to create individual computer based apps. Students will complete one app project, which combines fun game based apps and practical utility apps into their final project.

Fee: \$187	Leydecker	
July 14 - July 18	1:00 p.m. - 4:00 p.m.	Class # 13612
Aug. 4 - 8	9:00 a.m. - 12:00 p.m.	Class# 13613

## Animation Creators: Stop Motion Animation

### Ages 6 - 11

Work with your favorite toys to create fun and original animations! Learning materials, software and cameras are provided. Basic concepts such as camera angles, storyboards, scripting elements and theme will be introduced.



July 21 - July 25	9:00 a.m. - 12:00 p.m.	Leydecker
Fee: \$187	Class # 13614	

## Young Creators: Filmmaking Experience

### Ages 8 - 13

Learn the secrets of filmmaking in a fun, relaxed and engaging atmosphere! Using basic video cameras and editing software, students produce an original film, integrating simple special effects, sound effects and a musical score.

July 21 - July 25	1:00 p.m. - 4:00 p.m.	Leydecker
Fee: \$187	Class # 13615	



## PLAY-WELL TEKNOLOGIES

### Pre-Engineering with LEGO®

#### Ages 5 - 7

Have your child become a Play-Well Engineer! Build engineer-designed boats, bridges, mazes, motorized cars. With access to over 100,000 pieces of LEGO, students build what they have only dreamed of with the support of an experienced Play-Well Engineering instructor.



June 23 - 27	9:00 a.m. - 12:00 p.m.	Veteran's Rm 120
Fee: \$228	Class# 13628	

### Junkyard Challenge using LEGO®

#### Ages 8 - 12

Solve problems through innovation, creativity, and healthy competition in this advanced engineering camp! Work independently to design a domino-triggered machine, a stair-climbing car, and self-loading golf ball shooter! Iterate, experiment, and discover using Play-well's "junkyard" of thousands of LEGO pieces.

June 23 - 27	1:00 p.m. - 4:00 p.m.	Veteran's Rm 120
Fee: \$228	Class# 13629	

### Construction Vehicles and Machines using LEGO® **NEW**

#### Ages 5 - 7

Dig into engineering with big trucks, construction vehicles, and super machines. Explore the engineering terms, concepts, and vocabulary behind large-scale building machines. Build and learn about steamrollers, bulldozers, wrecking balls, tower cranes, and more while playing with your favorite building system: LEGO!

July 7 - 11	9:00 a.m. - 12:00 p.m.	Veteran's Rm 120
Fee: \$228	Class# 13630	

### Eco-Engineering using LEGO®

#### Ages 5 - 7

Design and build LEGO machines powered by alternative energy sources. Race solar cars, build a wind-powered electrical generation facility, and invent a machine powered by stored elastic strain energy. Learn about sustainability and understand the human world while exploring concepts in physics, engineering, and architecture.

July 7 - 11	1:00 p.m. - 4:00 p.m.	Veteran's Rm 120
Fee: \$228	Class# 13631	

# YOUTH - SUMMER CAMPS

## Jedi Engineering using LEGO®

### Ages 5 - 7

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining LEGO X-Wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets.

<b>July 21 - 25</b>	<b>9:00 a.m. - 12:00 p.m.</b>	<b>Veteran's Rm 120</b>
Fee: \$228	Class# 13632	

## Jedi Master Engineering with LEGO®

### Ages 8 - 12

The Force is strong in this class. Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include X-Wings, AT-AT Walkers, Pod Racers, Star Destroyers, Cloud Cities, settlements, and fortresses. Play-Well's Jedi instructors reinforce key engineering concepts such as gear trains, worm drives, pneumatics, eccentric motion and more, as students tap into the powerful forces of imagination and engineering.

<b>July 21- 25</b>	<b>1:00 p.m. - 4:00 p.m.</b>	<b>Veteran's Rm 120</b>
Fee: \$228	Class# 13633	

## Chima Engineering using LEGO®

### Ages 5 - 7

Choose a tribe and grab the CHI in Chima Engineering! Race your Speedorz to earn the Golden Orb, build the CHI Temple with a moving waterfall, and swoop your way to victory with Eris's Eagle Interceptor. Explore the fantasy world of Chima with the guidance of an experienced Play-Well instructor. This is an ideal way to prepare young engineers for the challenging experience of Chima Master Engineering using LEGO.

<b>July 28 - Aug. 1</b>	<b>9:00 a.m. - 12:00 p.m.</b>	<b>Veteran's Rm 120</b>
Fee: \$228	Class# 13634	

## Chima Master Engineering using LEGO®

### Ages 8 - 12

Choose a tribe and Master the CHI by becoming a Chima Master Engineer! Motorize the detachable Helicroctor, transform Eglor's Twin Bike into an aircraft, and trap the lion tribe in the Croc Swamp Hideout. Use LEGO bricks to engineer, innovate, and test your creations on the quest to earn CHI. In this advanced camp, Chima Masters learn real world concepts in physics, engineering, and architecture while exploring the fantasy world of Chima.

<b>July 28 - Aug. 1</b>	<b>1:00 p.m. - 4:00 p.m.</b>	<b>Veteran's Rm 120</b>
Fee: \$228	Class# 13635	

## Ninjaneering with LEGO®

### Ages 5 - 7

Enter the world of Ninjago and become an apprentice Ninjaneer! Learn the way of Spinjitzu, build the Fire Temple, race Skull Trucks, and encounter the mighty Dragon! Imagine and build unique and fun projects with the guidance of an experienced Play-Well instructor while exploring the fantasy world of Ninjago. This is an ideal way to prepare young Ninjaneers for the challenge of Ninjaneering Masters with LEGO camp.

<b>Aug. 4 - 8</b>	<b>9:00 a.m. - 12:00 p.m.</b>	<b>Veteran's Rm 120</b>
Fee: \$228	Class# 13636	

## Ninjaneering Masters using LEGO®

### Ages 8 - 12

Master the world of Ninjago by becoming a Ninjaneer! Tame the Ice Dragon, motorize your Blade Cycle, design the Dark Fortress, and hone your Spinjitzu battle skills! In this advanced LEGO camp, Ninjaneering masters will learn real world concepts in physics, engineering, and architecture while exploring the fantasy world of Ninjago.

<b>Aug. 4 - 8</b>	<b>1:00 p.m. - 4:00 p.m.</b>	<b>Veteran's Rm 120</b>
Fee: \$228	Class# 13637	



## MAD SCIENCE CAMPS

### NASA: Journey into Outer Space

**Ages 6 - 11**

From our atmosphere to the outer reaches of our solar system, this hands-on program sends campers on a quest for exploration of comets, planets, stars and more! Learn about the four forces of flight and the challenges of space travel. Camp includes a take home project every day. Join us for Earth and Beyond, Astronaut-In-Training, Solar Launch, Eye on the Sky, and Space Voyage!

<b>July 28 - Aug. 1</b>	<b>1:00 p.m. - 4:00 p.m.</b>	<b>Leydecker Park</b>
Fee: \$220	Class# 13650	

### Secret Agent Camp

**Ages 6 - 11**

The Mad Science Secret Agent Camp is a fun journey into the world of detection, spy science, and forensics. Campers will examine the science behind the spy tools made famous by the world's greatest spies! We will reconstruct activities and follow in Sherlock's steps using scientific methods and use the science of cryptology to send and decode secret messages. Join the Mad Science Bureau of Investigations to help foil a burglary using state-of-the art security techniques!

<b>July 28 - Aug. 1</b>	<b>9:00 a.m. - 12:00 p.m.</b>	<b>Leydecker Park</b>
Fee: \$220	Class# 13651	

### Mad Machines & Robots

**Ages 8 - 11**

Whether your child loves to build things or destroy them, this week of camp includes lots of both! The junior Mad Science engineers will design and build structures using simple tools and their imaginations. Kids will even construct a geodesic dome big enough for all the campers to sit inside! While discovering how many different machines we use in daily life, campers will design simple machines using pulleys, wedges, screws and levers and have fun learning how catapults work! Each camper will build robots that they can keep, all the while learning the science of robotics.

<b>Aug. 11 - 15</b>	<b>9:00 a.m. – 12:00 p.m.</b>	<b>Leydecker</b>
Fee: \$220 + \$30 Lab Fee to Teacher First Class		Class# 13652
(\$30 lab fee includes a take home robot)		

### Flight Academy

**Ages 6 - 11**

Explore the fundamentals of flight and see how air and wind affect kites, hot air balloons and parachutes. Learn characteristics of the planets and the wonders of the Milky Way. Discover the fundamentals of rocketry, the stages of rocket flight and experiment with huge water rocket launches. Items that students will take home will include the new Mad Science Skyblazer rocket, a rubber band-powered airplane, a kite, a boomerang, a mini flying disc, and more!

<b>Aug. 11 - 15</b>	<b>1:00 p.m. - 4:00 p.m.</b>	<b>Leydecker Park</b>
Fee: \$220	Class# 13653	

## SCIENSATIONAL CAMPS

**NEW**

### Hovercraft - Design your own vehicle

**Ages 6 - 11**

Design, build and keep an air powered Hovercraft that defies gravity; build a super car powered by more than one source of energy; and build an egg drop car that will cushion a raw egg. In these three challenges in one workshop, you will learn about Laws of Motion, Energy, Air Pressure, Friction, Lift, Speed and Acceleration.

<b>June 16 - 20</b>	<b>9: 00 a.m. - 12:00 p.m.</b>	<b>Leydecker</b>
Fee: \$217	Class# 13662	

### Harry Potter - Join Our Magical Mystery Tour

**Ages 6 - 11**

All aboard for lots of fun! Join in the escapades of Harry and his friends. Play quidditch, make an edible wand, brew fantastic potions, make cool crystals, create and watch some amazing chemical reactions. Come join us where the magic of science, art and literature meet. Harry, Ron and Hermionene are waiting for your arrival!

<b>June 16 - 20</b>	<b>12: 45 p.m. - 3:45 p.m.</b>	<b>Leydecker</b>
Fee: \$217	Class# 13663	



### Circus Moves Camp - Stilt Walking

**Ages 8 - 14**

**NEW**

Experience the ups and downs of a circus stilt walker! Learn to walk, dance, run and play games on stilts. Experiment with acrobatics and ground poses. Each class begins and ends with safety and falling techniques. Bring two snacks. Knee pads and wrist guards are recommended.

Instructor: Cynthia Rauschert

<b>July 21 - 25</b>	<b>Mon - Fri</b>	<b>8:30 a. m. - 12:30 p.m.</b>
Veteran's Rm 390	Fee: \$203	Class# 13664



## SPORTS CAMPS

### Jordan Richter's Summer Skate Camp

#### Ages 6-12

Alameda Recreation and Park Department is now offering weeklong summer skate camps in partnership with the Jordan Richter Skateboarding Academy! Perfect for the younger skater, our half-day skate camps teach basic and advanced techniques of skateboarding, including proper balance, pushing, carving, Ollie's, and how to safely navigate the skate park. We keep each day fun and exciting with games, DIY workshops and contests. Your child will get a boost in self-confidence as he/she overcomes each day's challenges on the board!

Please Note: Helmet, elbow pads, and kneepads are required. A quality skateboard purchased from a specialty skateboard shop is highly recommended.



Mon. - Fri.	9:00 a.m. - 12:00 p.m.	Fee: \$149
City View Skate Park (Alameda Point) 1177 West Redline Ave.		
Session 1	June 23 - June 27	Class #13736
Session 2	July 7 - July 11	Class #13737
Session 3	July 14 - July 18	Class #13738
Session 4	July 21 - July 25	Class #13739
Session 5	July 28 - Aug 1	Class #13740
Session 6	Aug 4 - Aug 8	Class #13741
Session 7	Aug 11 - Aug 15	Class #13742
Session 8	Aug 18 - Aug 22	Class #13743

### Skyhawks Cheerleading

#### Ages 5-10

Skyhawks Cheerleading teaches young athletes the essential skills to lead crowds and support the home team! This entry-level cheer program ensures that each camper learns cheers, proper hand and body movements, and jumping techniques. There is no stunting—just a big focus on fun while each cheerleader learns important life skills such as teambuilding and leadership. The week concludes with a choreographed performance. Participants should bring appropriate clothing, two snacks, a water bottle, running shoes, and sunscreen. Go to [www.skyhawks.com](http://www.skyhawks.com) for more detailed information and sample schedules. All participants receive pom-poms, a t-shirt, and a merit award. The participant-to-coach ratio is approximately 10:1. Participants should bring appropriate clothing, a lunch and snack (for programs over four hours) or two snacks (for programs four hours or less), a water bottle, running shoes, and sunscreen.

July 14 - 18	9:00 a.m. - 12:00 p.m.	Fee: \$149
Toby Chavez Field at Lower Washington Park		Class# 13447

### Skyhawks Flag Football Camp

#### Ages 5 - 12

Skyhawks Flag Football is the perfect introduction to "America's Game" or a great refresher those who want to brush up on their skills preparing for league play. Through our "skill of the day" exercises, campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning – all presented in a fun and positive environment. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron! Go to [www.skyhawks.com](http://www.skyhawks.com) for more detailed information and sample schedules. All participants receive a t-shirt, football, and player evaluation. The participant-to-coach ratio is approximately 12:1.

Participants should bring appropriate clothing, a lunch and snack (for programs over four hours) or two snacks (for programs four hours or less), a water bottle, running shoes, and sunscreen.

July 14 - 18	9:00 a.m. - 12:00 p.m.	Fee: \$149
Toby Chavez Field at Lower Washington Park		
Ages 5 - 7	Class# 13449	
Ages 8 - 12	Class# 13450	

### Skyhawks Flag Football Instructional League

#### Ages 6 - 12

Skyhawks Flag Football Instructional League offers an exciting, positive and safe introduction to league play. Teams are coached by Skyhawks trained and enthusiastic staff to ensure that all participants learn the essential skills, rules, play-calls and strategies to the game. Our non-contact recreational league emphasizes individual skill development, game strategy, teamwork, character building and most importantly... Fun!

Skyhawks Flag Football Instructional League operates in accordance to the NFL Flag Official Rule Book. The league consists of 8, 1.5-hr sessions that run twice per week for 4 weeks. The first 2 sessions consist of 1.5 hours of skill development circuits and evaluations. The next 6 weeks include 45 minutes of practice, followed by a 45 minute game. Small roster sizes ensure maximum playing time for all players. Participants are divided into teams based on age and ability. All participants receive a reversible Skyhawks jersey.

July 22 - August 14	Tues. & Thur.	Fee: \$119
Toby Chavez Field at Lower Washington Park		
Ages 6 - 8	5:00 p.m. - 6:30 p.m.	Class# 13490
Ages 9 - 12	6:30 p.m. - 8:00 p.m.	Class# 13491

**For more information  
and the latest updates, see  
[www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation)  
or follow us @ playARPD  
on Facebook**



## Kidz Love Soccer Camp

### Ages 4.5 - 10

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Please bring Shin Guards and a water bottle.

KLS class status hotline (888) 372-5803

Located at Upper Washington Park	June 23 - June 27	Fee: \$150
Level 1 (4.5-6yrs)	9:00 - 12:30pm	Class #13460
Level 2 (7-8yrs)	9:00 - 12:30pm	Class #13461
Level 3 (9-10yrs)	9:00 - 12:30pm	Class #13462

## All Sports Adventure Camp

### Entering 1st - 3rd grades

Learning sports at a young age is key to the self confidence that leads to a lifetime of physical activity. The ARPD All Sports camp gives children an introduction to soccer, basketball, volleyball and other fun activities. Our enthusiastic and experienced staff guides this multi-sport camp to provide a safe and fun environment.

July 7 - 11	9:00 a.m. - 12:00 p.m.	Fee: \$125
St. Joseph's Gym / Rittler Park		Class #13464

## UK International Soccer Camp

### Ages 4 - 15

UK Internationals objective is to create the optimal environment in our community in which children can learn and develop under the guidance of their "Ultimate Soccer Educators." Coaches, primarily from Great Britain, are selected not only for their knowledge, but also their commitment to creating a fun, positive learning environment. All camp sessions are based on individual ball skills as well as fun games to put those skills into practice and develop teamwork.

July 14 - 18	Lincoln Park		
Ages 4 - 6	9:00 a.m. - 10:30 a.m.	\$100	Class #13466
Ages 6 - 15	9:00 a.m. - 12:00 p.m.	\$165	Class #13467

## National Academy of Athletics Lacrosse Camp

### Ages 7 - 13

Our Run, Pass & Shoot Lacrosse camp was developed to help beginners through advanced players improve their skill sets with exceptional instruction in all aspects of the game. We start from square one and focus on being fundamentally sound and technically correct. Great for kids ages 7-9 and 10-13, this program will build each individual player from the ground up so that they walk away from the camp feeling more confident, knowing they have a strong foundation for future success.

July 7 - 11	9:00 a.m. - 12:00 p.m.	Fee: \$139
Ages 7- 9	Harrington Field	Class# 13469
Ages 10 -13	Harrington Field	Class# 13470



## National Academy of Athletics Basketball Camp

### Ages 7 - 13

If you like basketball then you will love our HOOP IT UP Camps! Whether you are a beginner or advanced player, the drills taught at this camp will help you improve your game. Come work on all the fundamentals of your game; footwork, passing, ball-handling and defense. Fun challenges, games and daily competitions in a positive and energetic environment. Sign-up early, because every year this camp is a slam dunk!

June 23 - 27	9:00 a.m. - 3:00 p.m.	Fee: \$189
Ages 7-9	Alameda Point Gym	Class# 13472
Ages 10-13	Alameda Point Gym	Class# 13473
July 21 - 25	9:00 a.m. - 3:00 p.m.	Fee: \$189
Ages 7-9	Alameda Point Gym	Class# 13474
Ages 10-13	Alameda Point Gym	Class# 13475

# YOUTH - SUMMER CAMPS & PROGRAMS

## National Academy of Athletics All Sorts of Sports

### Ages 7 - 13

A great way to introduce your youngsters to the world of sports, teamwork and athletics! This camp will help to build your child's motor control, hand-eye coordination, agility and many other sports related skills. Your child will have a blast playing games with the other children including: T-ball, basketball, soccer, flag football, capture the flag, relay & obstacle races and a whole lot more. This camp will feature different activities so that by the end of the week your child will be familiar with a variety of athletic activities!



Alameda Point Gym and Multi - Purpose Field		
<b>June 30 - July 3</b>	<b>9:00 a.m. - 3:00 p.m.</b>	<b>Fee: \$169</b>
Ages 7-9	Class# 13478	
Ages 10-13	Class# 13479	
<b>July 28 - August 1</b>	<b>9:00 a.m. - 3:00 p.m.</b>	<b>Fee: \$189</b>
Ages 7-9	Class# 13481	
Ages 10-13	Class# 13482	

## National Academy of Athletics Field Hockey Camp

### Ages 7 - 13

Developed from and based on the fundamental program offered by USA Field Hockey, our introductory program is great for beginners and intermediate players who want to work on their fundamental skillsets. This program will prepare you to participate in league and school play without the stress of having to perform and compete. It's all about the FUN! We teach the fundamentals around proper grip and posture, ball control, receiving and trapping, passing and tackling. Come out and join our experienced staff as we introduce you to the great game of Field Hockey.

<b>June 16 - 20</b>	<b>9:00 a.m. - 12:00 p.m.</b>	<b>Fee: \$139</b>
Ages 7- 9	Harrington Field	Class #13488
Ages 10 -13	Harrington Field	Class #13489

## Youth Volleyball Camp

### Ages 7 - 13

ARPD in partnership with VB match has come together to offer the Youth Volleyball Camp. The camp will provide fundamental skill instruction coupled with drills to help reinforce the new skills learned. At the end of the week students will progress to playing simulated games. For more information please visit vbmatch.com

<b>10:00 a.m. - 1:00 p.m.</b>	<b>Alameda Point Gym</b>	<b>Fee: \$150</b>
July 14 - 18	Class #13483	
August 11 -15	Class #13485	

## Summer Youth Recreational Baseball Park League

**NEW**

### Grades K - 5

The Alameda Recreation and Park Department is proud to announce the return of the Youth Recreational Baseball Park League. With support from several community groups including the Alameda Elks, ARPD is able to bring back the time honored Alameda baseball tradition. The league's focus is on participation, fair play, learning the game of baseball, and most importantly having a good time!

- Teams will be formed at Bayport, Washington, Franklin, Lincoln and Tillman Parks.
- Youth Kindergarten - 5th grades are invited to play.
- Teams will be formed for K-2nd grade and 3rd-5th grade at each park.
- Each participant receives a vintage style t-shirt representing their park team.
- League begins the week of June 23rd. Practices will be on Tuesdays and games played on Thursdays.

**FREE**

## SUMMER PLAYGROUND PROGRAM

### FREE Parks and Playground Program

**FREE drop-in activities for children in kindergarten through 5th grades. Park sites include: Bayport, Franklin, Lincoln, Tillman, and Washington Parks.**

These programs are the perfect opportunity for your child to participate in fun, safe, and cooperative activities where they can be creative, develop skills and make friends in an outdoor setting. Activities include arts and crafts, cooking, drama, games, nature and special events. A nominal fee may be charged to directly cover activity supply costs. Weekly activity calendars are available upon request. **This is not a childcare service! Parents: leave your child alone at the park at your own risk.**

<b>Park Hours</b>	<b>Monday - Friday</b>	<b>12:00 p.m. - 5:00 p.m.</b>
All Sites Closed on Holidays	Independence Day - Friday, July 4 Labor Day - Monday, Sept. 1	

## 2014 - 2015 RAP REGISTRATION

### Registration Lottery July 1 - July 11

In an effort to provide excellent customer service and to give everyone an opportunity to participate in our very popular program, ARPD will conduct a LOTTERY for potential RAP participants for school year 2014 - 2015.

ALL NEW AND RETURNING PARTICIPANTS may fax, email, mail, or drop off a completed registration form with payment to ARPD's main office only between Tues, July 1 until Fri., July 11. Incomplete registration forms will not be processed. Incomplete payment will delay the processing. Forms will be processed starting Wednesday, July 16th. \*Please note that our main office is closed on Fridays, so plan accordingly.

**Further information, including fees, will be available at RAP sites and on the ARPD website by Memorial Day!**



## ENRICHMENT CLASSES

### American Sign Language (ASL)

#### Grades 3 - 5

Learn fingerspelling, numbers, vocabulary, simple sentences and deaf art projects. No experience necessary. ASL makes it easy to sign through a closed window or communicate across a crowded room. Instructor: Sheila Holmes

<b>Monday</b>	Fee: \$131 (8 classes)	Veteran's Room 390
<b>June 16 - Aug. 4</b>	11:00 a.m. - 12:00 p.m.	Class# 13576

### Creative Dance

#### Ages 3 - 5

Designed to exercise mind and body while developing an interest in dance. The class will include ballet, creative movement, tap and acrobatics for boys and girls. Tap shoes required.

<b>Wednesday</b>	Fee: \$88 / sibling \$78 (6 classes)	Ruby's Tumbling
June 18 - July 30 No class July 2	3:00 p.m. - 3:45 p.m.	Class# 13577
<b>Thursday</b>	Fee: \$88 / sibling \$78 (6 classes)	Ruby's Tumbling
June 19 - July 31 No class July 3	1:30 p.m. - 2:15 p.m.	Class# 13578

### Kindermusik - Cuddle and Bounce

#### Ages Newborns - 18 mo.

Cuddle, bounce, and bop with your baby in Kindermusik's newest curriculum. This parent-child music and movement class will introduce you and your child to instrument play, dance, and exploration while providing quality time together. \$24 supply fee due to Teacher first class. Instructor: Jeanne Kim

<b>Thursday</b>	Fee: \$139 / sibling \$119 (8 classes)	Intensity Martial Art
June 26 - Aug. 14	11:30 a.m. - 12:15 p.m.	Class# 13579

### Kindermusik - Sing & Play Ages

#### Ages 12 mo. or walkers - 24 mo.

Embark on Kindermusik's fun new exploration of singing, swaying, laughing, and playing through Sing & Play, a just-right mix of early-childhood vocal play and language development, together time, and music and movement activities! Benefits included leg and vocal strengthening. \$24 supply fee due to Teacher first class. Instructor: Jeanne Kim



<b>Thursday</b>	Fee: \$139 / sibling \$119 (8 classes)	Intensity Martial Art
June 26 - Aug. 14	9:30 a.m. - 10:15 a.m.	Class# 13580

### Kindermusik- Wiggle & Grow

#### Ages 2 - 4.5

This music-filled class celebrates the unique joys of your growing child and includes singing, dancing, and playing instruments with the focus on gross and fine motor skills, sharing, social skills and active listening. Continue learning with the Kindermusik@Home digital home materials, including music from class, musical activities, and each month's story. \$24 supply fee due to Teacher first class. Instructor: Jeanne Kim

<b>Thursday</b>	Fee: \$139 / sibling \$119 (8 classes)	Intensity Martial Art
June 26 - Aug. 14	10:30 a.m. - 11:15 a.m.	Class# 13581

### Pre-Ballet

#### Ages 4 - 5

In a fun and creative yet focused environment students experience basic positions, rhythms and movements of ballet. Prior to the first class, please contact Alameda Ballet Academy about their dress code at [admin@alamedaballet.com](mailto:admin@alamedaballet.com) (Subject Line: ARPD).



<b>Saturday</b>	Fee \$245 (12 classes)	Alameda Ballet
June 7 - Aug. 30 (No Class July 5)	10:45 a.m. - 11:30 a.m.	Class# 13582

## FITNESS CLASSES

### Ballet - Mommy & Me

#### Ages 3 - 4, with caregiver

You and your little one will gain flexibility while learning the basic positions and steps of ballet alongside one another! This is a great way to get exercise and introduce your child to the world of ballet! No previous experience necessary. ABA does have a dress code, please contact us at [admin@alamedaballet.com](mailto:admin@alamedaballet.com) (Subject line: ARPD) prior to your first class about obtaining dance wear. More info at [www.alamedaballet.com](http://www.alamedaballet.com).

<b>Saturday</b>	<b>Fee: \$245 (12 classes)</b>	<b>Alameda Ballet</b>
June 7 - Aug. 30 (No Class July 5)	9:45 a.m. - 10:30 a.m.	Class # 13667

### Hawaiian Jujitsu for Children

#### Ages 6 - 14

Jujitsu is a Japanese martial art using the principle of leverage against the strength and weight of an aggressor. Learn simple techniques to control your partner when attacked.

Instructor: Chris Peterson

<b>Tues &amp; Thurs</b>	<b>5:30 p.m. - 6:30 p.m.</b>	<b>Twin Towers</b>
June 17 - July 17	Fee: \$53 (10 classes)	Class# 13558
July 22 - Aug. 14	Fee: \$43 (8 classes)	Class# 13559

# YOUTH - CLASSES

## Kids Fit Classes

### Ages 6 - 11

Fun packed class. Learn about healthy living through fitness and proper nutrition. Cooking demos and workouts to fit every level. Strength training, pilates, Zumba, sports drills and games.

Instructor: Summer Farouni

**NEW**

Thursday	5:30 p.m. - 7:00 p.m.	Veteran's Rm. 250
June 19 - July 31	Fee: \$66 (7 classes)	Class# 13560

## Kids Gymnastics with Ruby

### Ages 12 mo. - 8 years

For 20 years, Ruby's Tumbling has provided a fun classroom setting for youngsters to learn the early stages of balance, coordination, flexibility and strength. Watch them gain confidence with every step.

Instructor: Ruby Gama

Ages 12 mo. to 23 mo. (Parent Participation)		
Wednesday	Fee: \$113 (8 classes)	Ruby's Tumbling
June 18 - Aug. 13 (No class July 2)	9:15 a.m. - 10:00 a.m.	Class# 13561
Thursday	Fee: \$113 (8classes)	Ruby's Tumbling
June 19 - Aug. 14 (No class July 3)	9:15 a.m. - 10:00 a.m.	Class# 13562
Ages 24 mo. - 3 (parent participation)		
Thursday	Fee: \$113 (8 classes)	Ruby's Tumbling
June 19 - Aug. 14 (No class July 3)	10:15 a.m. - 11:00 a.m.	Class# 13563
Friday	Fee: \$113 (8 classes)	Ruby's Tumbling
June 20 - Aug. 15 (No class July 4)	9:15 a.m. - 10:00 a.m.	Class# 13564
Ages 3 - 5		
Monday	Fee: \$123 (8 classes)	Ruby's Tumbling
June 16 - Aug. 4	4:00 p.m. - 4:45 p.m.	Class # 13565
Wednesday	Fee: \$123 (8 classes)	Ruby's Tumbling
June 18 - Aug. 13	11:15 a.m. - 12:00 p.m.	Class# 13566
June 18 - Aug. 13 (No class July 2)	5:15 p.m. - 6:00 p.m.	Class# 13567
Thursday	Fee: \$123 (8 classes)	Ruby's Tumbling
June 19 - Aug. 14	11:15 a.m. - 12:00 p.m.	Class# 13568
June 19 - Aug. 14 (No class July 3)	5:15 p.m. - 6:00 p.m.	Class# 13569
Ages 5 (Kindergarten) - 8		
Thursday	Fee: \$133 (8 classes)	Ruby's Tumbling
June 19 - Aug 14 (No class July 3)	4:00 p.m.-5:00 p.m.	Class#13570
Friday	Fee: \$133 (8 classes)	Ruby's Tumbling
June 20 - Aug. 15 (No class July 4)	4:00 p.m.-5:00 p.m.	Class# 13571



## Gymnastic, Creative Dance & Capoeira Camp

### Ages 4 - 9

For beginning & intermediate students. Students will learn tumbling (e.g., rolls, cartwheels, handstands, routines on bars, beams, floor and trampoline and other gymnastic skills) the first hour. The second hour will explore dance through tap, ballet, jazz and creative movement. The last hour will include Capoeira, a Brazilian art form and self-defense, with strong aerobic, music and dance elements.

Mon. - Fri.	12:30 - 3:30 p.m.	Ruby's Tumbling
Session 1	July 21 - 25	Class# 13572
Session 2	July 28 - Aug. 1	Class# 13573
Fee: \$178 /Sibling \$138		

## Soccer - Kidz Love Soccer

### Ages 2 - 10

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Please bring Shin Guards and a water bottle. KLS class status hotline (888) 372-5803

Located at Upper Washington Park		
Wednesdays	July 2 - August 20	Fee: \$110
Soccer 1 (5-6yrs)	4:00 - 4:45pm	Class #13455
Soccer Skillz & Scrimmages (7-10yrs)	4:45 - 5:30pm	Class #13457
Tot/Pre-Soccer (3.5-5yrs)	5:30 - 6:05pm	Class #13453
Saturdays	July 12 - August 23	Fee: \$100
Tot-Soccer (3.5-4yrs)	9:15 - 9:45am	Class #13452
Pre-Soccer (4-5yrs)	9:45 - 10:20am	Class #13454
Soccer 1 (5-6yrs)	10:20 - 11:05am	Class #13458
Mommy/Daddy & Me Soccer (2-3.5yrs)	11:15 - 11:45am	Class #13459

## Introduction to Square Dance

**Ages 10 to adult** - See Adults on page 36 for details

## Taiko Drumming Beginning

**Ages 10 & up** - See Adults on page 34 for details

## FACILITY & PARK RENTALS

### ARPD Main Office

2226 Santa Clara Ave., 747-PLAY, ARPD@alamedaca.gov

### Maintenance Request Line

To report an issue in a park or facility 747-7542

### Albert H. DeWitt O'Club

#### 641 West Redline Ave., Alameda Point

A beautiful, historic facility available for parties, weddings, special events and family functions. The facility features wood paneling, crystal chandeliers, and a parquet dance floor. The O'Club is an ideal venue for wedding receptions, banquets, social gathering and conferences. Rental fee includes room set-up, janitorial service and staff supervision. Seats up to 240 people.

Resident Private Rental Fees (4 hour minimum)	
Main Dining Room (250 max)	\$150/hour
Trident Room (120 max)	\$125/hour
Terrace Room (90 max)	\$100/hour
Squadron Room (50 max)	\$50/hour
Security deposit applies to all rentals	\$500
Other fees may apply	



### Recreation Centers at Bayport, Leydecker & Lincoln Parks

Rec Centers are available to individuals and organizations and are ideal for private parties, birthdays, showers, dinners and other social functions. Seats up to 110 people.

Resident Private Rental Fee (2 hour min)	\$90/hour
Security deposit	\$300
Additional fee structure and other fees may apply.	

### Picnic Areas and Athletic Fields

These are available to individuals and organizations. Alcohol is not permitted.

Picnic tables available at the following parks: Franklin, Godfrey, Krusi, Leydecker, Lincoln, Littlejohn, Shoreline, Tillman and Washington. Picnic areas may be reserved from 9:00am – 8:00pm.

Resident Private Rental Fee (3 hour min)	\$30-80/hour depending on number of tables
Other fees may apply	

### Meyers House and Garden

#### 2021 Alameda Ave.

#### Now owned and operated by Alameda Museum

Alameda's first and only House Museum and a beautiful space for wedding and small receptions. The Alameda Historical Museum sponsors a house tour the 2nd and 4th Saturday of each month, from 1 – 4 p.m.. Admission is \$5 per person and all proceeds are put back into the House and Gardens.



**All facility reservations may be made in person or email at the Recreation Office, 2226 Santa Clara Ave. ARPD@alamedaca.gov (510) 747-Play**

Hours: Mon. - Thurs. 8:00 a.m. - 6:00 p.m.

A minimum advanced notice of two weeks is required.

Facilities available on holiday weekends, subject to 15% additional fee.

## ADDITIONAL FACILITIES AVAILABLE TO THE PUBLIC

### Encinal and Grand Street Boat Ramps

ARPD maintains two free public boat launching ramps. Both Boat Ramps include a launching ramp, restrooms, and automobile and trailer parking. The Grand Street Boat Ramp also includes a fishing pier and fish cleaning facilities.

### Bill Osborne Model Airplane Field

Free flying lessons are held from 8:30am – 11:30am Sundays by appointment only, weather permitting. Equipment provided by Aero-nuts. For more info, visit [www.aero-manics.com](http://www.aero-manics.com). Fees are not required for flying model airplanes but proof of personal liability insurance is required.



# FACILITY & PARK

**ENJOY  
ALL THAT THE  
CITY OF  
ALAMEDA  
HAS TO  
OFFER!**



## CLASS LOCATIONS

Alameda Aikikai	(510) 523-0392 2025 Clement Avenue
Alameda Ballet Academy	(510) 337-1929 1402 Park Street
Alameda High School	2201 Encinal Avenue
Dance/10 Performing Arts Center	(510) 522-5678 900 Santa Clara Avenue
Encinal High School	210 Central Avenue
Intensity Martial Art	1303 Lincoln Avenue
Ruby's Tumbling	(510) 337-0846 2333 Clement Avenue
Team Silva	1706 Lincoln Avenue
Twin Towers Church	(510) 522-6744 1411 Oak Street

## ARPD Main Office

**2226 Santa Clara Ave.  
747-PLAY**

**ARPD@alamedaca.gov**

**www.alamedaca.gov/recreation**

**Online registration: www.arpdeplay.com**

**www.facebook.com/playARPD**

**Maintenance Request Line**  
**to report an issue in a park**  
**or facility 747-7542**



**Lincoln Park**

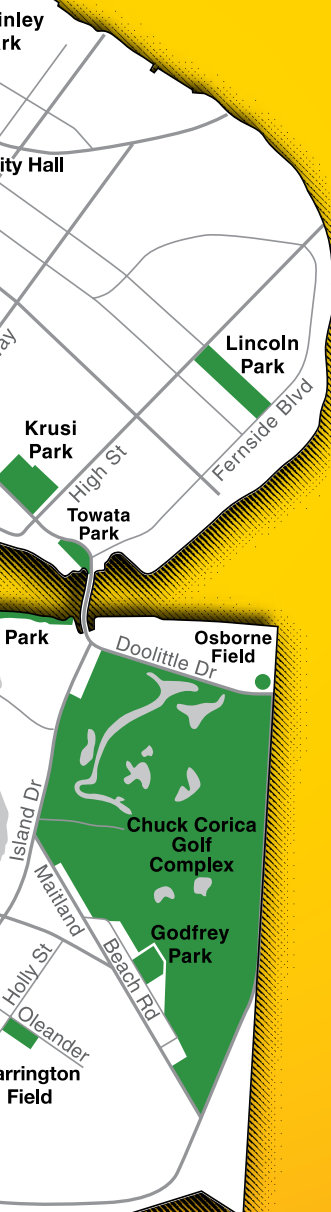


# FACILITY & PARK

PULL-OUT  
SECTION

## FACILITY & PARK LOCATIONS

Alameda Point Gym & Multi-purpose Field	1101 West Redline Ave.	747-PLAY
Bayport Park	301 Jack London Ave.	263-1428
City View Skate Park (Alameda Point)	1177 West Redline Ave.	
Chuck Corica Golf Complex	1 Clubhouse Memorial Dr.	747-7800
Dog Park (Robert Crown Memorial Beach)	next to Washington Park Tennis Courts	
Emma Hood Swim Center	2256 Alameda Ave.	522-8107
Encinal Boat Ramp	Central Ave. behind Encinal High	
Encinal Swim Center	230 Central Ave.	522-4590
Franklin Park	1432 San Antonio Ave.	522-3132
Godfrey Park	281 Beach Rd.	521-1551
Grand Street Boat Ramp	North End of Grand St.	
Harrington Field	3400 Oleander Ave.	
Jackson Park	2430 Encinal Ave.	
Krusi Park	900 Mound St.	522-4341
Leydecker Park	3225 Mecartney Rd.	521-1266
Lincoln Park/Harrison Center	1450 High St.	523-6222
Littlejohn Park	1401 Pacific Ave.	523-1510
Longfellow Park	520 Lincoln Ave.	522-5262
Main Street Dog Park	Main St. & Navy Wy.	
Main Street Linear Park	Main St.	
Main Street Soccer Field	Main St. & Appezzato Pkwy.	
Marina Cove Waterfront Park	1591 Clement St.	
Mastick Senior Center	1155 Santa Clara Ave.	747-7500
McKinley Park	2165 Buena Vista Ave.	522-6161
Neptune Park	2301 Webster St.	
O'Club	641 West Redline Ave.	747-PLAY
Bill Osborne Model Airplane Field	Doolittle Dr. at Harbor Bay Parkway	
Rittler Park	1400 Otis Dr.	
Shoreline Park	2801 Seaview Parkway	
Tillman Park	220 Aughinbaugh Wy.	521-8307
Underground Teen Center	Veteran's Building, Rm 170	748-9466
Veteran's Memorial Building	2203 Central Ave.	864-4017
Towata Park	3315 Bridgeway Isle	
Washington Park	740 Central Ave.	521-0162
Woodstock Park	351 Cypress St.	521-0656



# LIBRARY

## ALAMEDA FREE LIBRARY

**510-747-7777**

Check us out at [www.alamedafree.org](http://www.alamedafree.org),  
on our Facebook page at  
[www.facebook.com/alamedafreelibrary](http://www.facebook.com/alamedafreelibrary),  
on Tumblr at [alamedafree.tumblr.com](http://alamedafree.tumblr.com),  
or on Twitter at [@alamedafree](https://twitter.com/alamedafree).

The Alameda Free Library serves our community at three locations with a variety of services, including current and historic materials, internet access, books on audio, CDs, DVDs, storytimes, reference services, tax forms, foreign language materials, online databases, and special programs. The Main Library also features small group study rooms, larger meeting facilities and a café.



### Main Library

1550 Oak Street	510-747-7777
Mon - Wed	12 p.m. – 8 p.m.
Thu – Sat	10 a.m. – 5 p.m.
Sun	1 p.m. – 5 p.m.
Closed	Holidays

### Bay Farm Island Library

3221 Mecartney Road	510-747-7787
Mon	10 a.m. – 6 p.m.
Tues	12 p.m. – 8 p.m.
Thurs & Sat	10 a.m. – 5 p.m.
Closed	Wed, Fri, Sun & Holidays

### West End Library

788 Santa Clara Avenue	510-747-7767
Mon	12 p.m. – 8 p.m.
Wed	10 a.m. – 6 p.m.
Thurs & Sat	10 a.m. – 5 p.m.
Closed	Tues, Fri, Sun & Holidays

### READY to go!

677 West Ranger Avenue	Alameda Free Library's newest branch!
Open 24/7, this book vending machine is READY to go!	

## Alameda Reads

Free tutors help adults read and write better.  
Want to be a tutor? Need a tutor?

Call us: 510-865-2454	2203 Central Avenue
Mon – Wed: 9am – 2pm	Thurs: 4 p.m. – 8 p.m.

## Online Services

The Alameda Free Library's website allows you to check our catalog online, check your library account, place holds, and renew materials. You also have access to electronic databases containing thousands of full-text magazine, journal, and book articles, as well as tutoring services for students through our Live Homework Help® link! [www.alamedafree.org](http://www.alamedafree.org)

## Storytimes

<b>Mama Goose Storytime</b>	Ages 1 – 3
Main Library	Saturdays 10 a.m.
<b>Peter Rabbit Storytime</b>	Ages 3 – 5
West End Library	Wednesdays 10:30 a.m.
Main Library	Thursdays 10 & 11 a.m.
<b>School-Age Storytime</b>	Ages 5 – 8
Main Library	Wednesdays 3:30 p.m.
<b>Family Storytime</b>	All ages
Main Library	Sundays 2 p.m.
Bay Farm Island Library	Tuesdays 7 p.m.
<b>Alameda Community Sing-Along</b>	Ages 0 – 3
Main Library	Mon & Wed 10:15 a.m.

## Ongoing Programs

### Adult and Teen Book Clubs

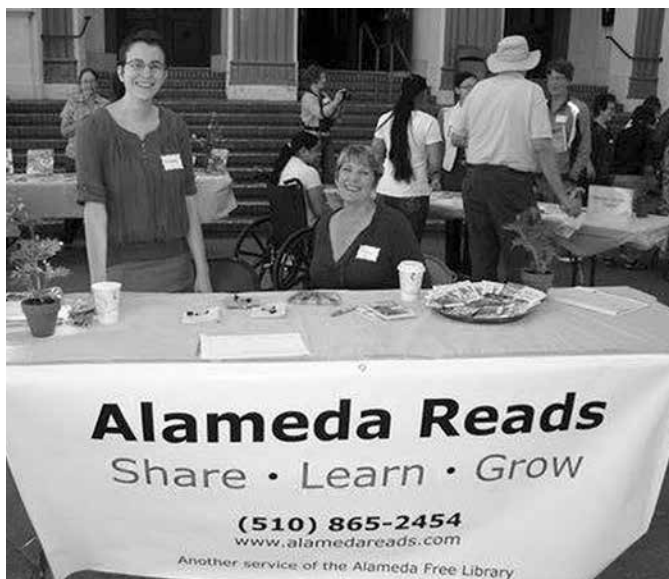
Call 510-747-7713 for titles, dates, and times

### Children's Book Clubs

Call 510-747-7705 for titles, dates, and times

### Special Programs for Children, Teens, and Adults

The Library has lots of special programs going on all year. Check our events calendar at [alamedafree.org](http://alamedafree.org) for more information.





# PROGRAMS & ENRICHMENT - TWEENS/TEENS

## PROGRAMS

### The Underground - Drop-In

**6th - 12th Grades** (For incoming 6th-12th graders in Alameda)  
The Underground Teen Center has big screen TV, pool table, video games, ping pong/shuffleboard, board games, music, snack bar, and adult supervision. There is no charge to visit The Underground; however, some activities may require a small materials fee. Participants need to register at the center and must sign-in and sign-out on a daily basis.

<b>Monday - Friday</b> (closed July 4th)	<b>12:00 p.m. - 5:00 p.m.</b>
Veteran's Memorial Building, Room 170	

### Summer Teen Volunteer Program

#### Grades 7 - 12

This program is for students who are interested in volunteering with the World of Wonder (Godfrey or Washington Parks) or Aquatics Programs, during the summer. A great way to gain job experience and satisfy school community service requirements. Students must complete a volunteer application form and return it to the Recreation and Park Department, 2226 Santa Clara Ave. Applicants will be contacted for an interview. Interviews do not guarantee acceptance into the program. Upon selection, volunteers must attend a training session. Registrations and/or interviews less than one week prior OR after training session dates will not be accepted. Limit 24 students per training session.



<b>Thursday</b>	<b>May 29, 2014</b>	<b>4:00 - 5:30 p.m.</b>
Veterans Memorial Building, Room 390	\$45 (includes t-shirt)	Class# 13197

### Alameda Youth Committee

#### Grades 6 - 12

**AYC is currently recruiting members for the 2014-2015 school year!**

Get involved with planning activities for teens: dances, excursions, training, community issues, fundraising, etc. We are seeking serious and responsible teens who would like to get hands-on experience when it comes to event planning. Your creativity, past experience, social ability, and community spirit are needed to assist the Alameda Recreation and Park Department. A commitment is required and community hours will be earned when you participate with AYC. Applications are available at The Underground Teen Center, at ARPD and on the website. Interviews will be conducted prior to acceptance into the Committee.

<b>2nd &amp; 4th Wednesdays</b>	<b>4:00 p.m. - 5:00 p.m.</b>
Veteran's Memorial Building, Room 170	

### Operation Green Sweep

#### Grades 6 - 12

Green Sweep is looking for teens who want to earn community service hours by helping to maintain our city parks and community centers. Teens will meet ARPD Teen Staff at the Veteran's Memorial Building to work on various park projects. Duties include but are not limited to park clean-up, light trash removal, weeding, etc. Equipment will be provided to participants for different projects. Transportation will be provided to and from the parks. Registrations will be taken until program is full. Program will be held weather-permitting. (You may only miss two days).

<b>Mon. &amp; Wed.</b>	<b>June 30 - Aug. 6</b>	<b>10:00 a.m. - 2:00 p.m.</b>
Class #13417	\$45 (includes t-shirt)	Veteran's Memorial Building

## ENRICHMENT CLASSES

### Babysitter's Training

#### Ages 11 - 15

Learn the basics of being a responsible babysitter and be certified through the American Red Cross. Class includes basic care of infants and toddlers from feeding to changing. Teens learn age-appropriate activities, first-aid awareness, how to prevent accidents, and how to handle emergencies. The Child/Infant CPR section will train the babysitter to act in emergency situations, to recognize and care for life-threatening respiratory or cardiac emergencies in infants and children. Upon completion and satisfactory passing an exam at the end of the course, each participant will receive: 1) American Red Cross Babysitter's Training Card and 2) Child/Infant CPR card.

This popular class is limited to 15 students, so sign-up early! Please bring a bag lunch daily.

<b>July 16 and 17</b> (must attend both days)	<b>10:00 a.m. - 5:00 p.m.</b>
Fee: \$130 / \$150 after June 13, 2014	Class #13416
McKinley Park, 2165 Buena Vista Avenue	

### Driver Education Internet Study Course

#### Ages 15 - 18

Are you tired of asking your parents for a ride? Are you at least 15 years old? If so, this class is for you. This is an interactive, online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and much more. Receive DMV-approved Certificate of Completion. This class is a requirement for teens under 18 years old to obtain a learner's permit and driver's license. A licensed instructor is available to answer any questions. Sign up any time and take the online course at a time convenient for your schedule.

<b>Online</b>	<b>Fee: \$55</b>	<b>Class # 13414</b>
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### Hawaiian Jujitsu

**Ages 15 & Up** - See Adults on page 36 for details

# TWEEN - SUMMER CAMPS

## SUMMER CAMPS

### Tween Summer Adventures

#### Completed Grade 5 - 8

Monday through Friday from 7:30 a.m. to 5:30 p.m.

The 2014 "Tween" Summer Adventure program is almost HERE!! We will offer weekly programs to keep your tweens occupied with positive, educational, and fun activities. Each week of this affordable and well-supervised program includes 2 AWESOME trips, plus local walking excursions, arts and crafts, sports, outdoor physical games, special events and much more. The Underground Teen Center will be utilized for some activities each week. Your tween will make new friends, learn different skills, have fun, and leave with amazing memories.

- Registration is available per week (no single days allowed)
- Full payment is required at time of registration and due prior to start of each week.
- Participants should bring a bag lunch daily, except when notified differently.
- Trip times are subject to change.
- Pick-up and drop-off for all trips take place at the Underground Teen Center (2203 Central Avenue at Walnut Street).
- On non-trip days, pick-up and drop-off take place at McKinley Park (2165 Buena Vista Avenue at Walnut Street).

#### Extra Fees

- Late Registration Fee (if space available): \$30
- Withdrawal Fee: \$40
- Late pick-ups are \$1 per minute; payable that day

#### Parents must indicate:

- whether their tween must remain with a leader on the trips, or if he/she has permission to stay with a buddy and check-in with leaders at designated times; and,
- whether or not their tween may sign-in and sign-out each day.

<b>Week 1</b>	<b>June 23 - June 27</b>	<b>Class #13375</b>
<b>\$200 Res.</b>	<b>\$220 Non-Res.</b>	<b>Add'l \$30 after May 29</b>
Mon.	McKinley Park	7:30 a.m. - 5:30 p.m.
Tue.	Driven Raceway & Jelly Belly Tour**	9:00 a.m. - 5:30 p.m.
Wed.	McKinley Park	7:30 a.m. - 5:30 p.m.
Thurs.	Great America	9:00 a.m. - 8:00 p.m.
Fri.	McKinley Park	7:30 a.m. - 5:30 p.m.
<b>Week 2</b>	<b>June 30 - July 3 (closed July 4)</b>	<b>Class #13376</b>
<b>\$170 Res.</b>	<b>\$187 Non-Res.</b>	<b>Add'l \$30 after June 5</b>
Mon.	McKinley Park	7:30 a.m. - 5:30 p.m.
Tue.	Bridge 2 Bridge Ferry Tour & Pier 39	9:00 a.m. - 5:30 p.m.
Wed.	McKinley Park & Movie	7:30 a.m. - 5:30 p.m.
Thurs.	Golden Skate & Rockin' Jump**	9:00 a.m. - 6:00 p.m.
Fri.	CLOSED for July 4th	
<b>Week 3</b>	<b>July 7 - July 11</b>	<b>Class #13377</b>
<b>\$215 Res.</b>	<b>\$237 Non-Res.</b>	<b>Add'l \$30 after June 12</b>
Mon.	McKinley Park	7:30 a.m. - 5:30 p.m.
Tue.	Sea Kayak, Monterey**	7:30 a.m. - 5:30 p.m.
Wed.	McKinley Park	7:30 a.m. - 5:30 p.m.
Thurs.	Six Flags Discovery Kingdom	9:00 a.m. - 8:00 p.m.
Fri.	McKinley Park	7:30 a.m. - 5:30 p.m.



<b>Week 4</b>	<b>July 14 - July 18</b>	<b>Class #13378</b>
<b>\$175 Res.</b>	<b>\$193 Non-Res.</b>	<b>Add'l \$30 after June 19</b>
Mon.	McKinley Park	7:30 a.m. - 5:30 p.m.
Tue.	Lake Del Valle (Livermore)	Leave at 9:00 a.m.
Wed.	Overnight	Overnight
Thurs.	Lake Del Valle (Livermore)	Return at 4:00 p.m.
Fri.	McKinley Park	7:30 a.m. - 5:30 p.m.
<b>Week 5</b>	<b>July 21 - July 25</b>	<b>Class #13379</b>
<b>\$185 Res.</b>	<b>\$204 Non-Res.</b>	<b>Add'l \$30 after June 26</b>
Mon.	McKinley Park	7:30 a.m. - 5:30 p.m.
Tue.	Laser Tag & Shoreline Boating	8:00 a.m. - 5:30 p.m.
Wed.	McKinley Park & Movie	7:30 a.m. - 5:30 p.m.
Thurs.	Oakland A's vs. Houston Astros Game	9:00 a.m. - 5:30 p.m.
Fri.	McKinley Park	7:30 a.m. - 5:30 p.m.
<b>Week 6</b>	<b>July 28 - August 1</b>	<b>Class #13380</b>
<b>\$240 Res.</b>	<b>\$264 Non-Res.</b>	<b>Add'l \$30 after July 3</b>
Mon.	McKinley Park	7:30 a.m. - 5:30 p.m.
Tue.	Berkeley Ironworks & Aquatic Park**	9:00 a.m. - 5:30 p.m.
Wed.	McKinley Park	7:30 a.m. - 5:30 p.m.
Thurs.	White Water Rafting, Coloma**	6:00 a.m. - 6:00 p.m.
Fri.	McKinley Park	7:30 a.m. - 5:30 p.m.
<b>Week 7</b>	<b>August 4 - August 8</b>	<b>Class #13381</b>
<b>\$225 Res.</b>	<b>\$248 Non-Res.</b>	<b>Add'l \$30 after July 10</b>
Mon.	McKinley Park	7:30 a.m. - 5:30 p.m.
Tue.	SF Giants Ballpark Tour & Duck Tour	9:00 a.m. - 5:30 p.m.
Wed.	Sequoia Adventure Course, Felton*/**	6:00 a.m. - 6:00 p.m.
Thurs.	McKinley Park	7:30 a.m. - 5:30 p.m.
Fri.	McKinley Park	7:30 a.m. - 5:30 p.m.
<b>Week 8</b>	<b>August 11 - August 15</b>	<b>Class #13382</b>
<b>\$210 Res.</b>	<b>\$231 Non-Res.</b>	<b>Add'l \$30 after July 17</b>
Mon.	McKinley Park	7:30 a.m. - 5:30 p.m.
Tue.	Paintball, Santa Clara**	8:00 a.m. - 5:00 p.m.
Wed.	McKinley Park	7:30 a.m. - 5:30 p.m.
Thurs.	Water World, Concord	9:00 a.m. - 7:00 p.m.
Fri.	McKinley Park	7:30 a.m. - 5:30 p.m.

\*Trip is on Wednesday, NOT Thursday!

\*\*Trips require an additional Release of Liability form from our vendors.

**Visit ARPD or our website for more information; all details subject to change.**

# SUMMER CAMPS & DAY TRIPS - TEENS/TWEENS

## Hairspray Summer Camp

**NEW**

**Ages 9 - 18**

Learn to sing, dance and act—like a professional! You will be instructed on tips for auditioning, performance techniques, stage and theater etiquette, hair, makeup, costumes, sets and lighting techniques. Learn the history of musical theater through lectures and video. This camp/workshop is run like a summer stock program and is a fantastic introduction into musical theater and a concentrated training for teens. Performance on Saturday June 21 at Dance/10 at 7:00 p.m. Students encouraged to wear dance clothes/clothing they can easily move in each day. No dresses or jeans. Jazz or Ballet shoes encouraged. Please bring lunch.

Mon - Fri	9:00 a.m. - 3:00 p.m.	Dance/10
June 16 - 20	Fee: \$355 (includes costume and prop fee)	Class# 13665

## Pop Singing Intensive Camp

**Ages 12 - 18**

Finally a class designed for pop singers. Learn healthy vocal technique to make your voice beautiful and powerful. Each student will be assigned two solo songs to be prepared and performed on the final day. Come sing your heart out! Instructor: Latimerlo Studio

Mon - Fri	July 21 - Aug. 1	1:00 p.m. - 3:00 p.m.
Veteran's Rm 390	Fee: \$250 (10 classes)	Class# 13666



## DAY TRIPS

### Summer Day Trips

**Completed Grades 5 - 11**

Join your friends for a quick getaway, if you are too busy for the weekly programs. These day trips are fun and exciting. You can go with your friends and/or make new friends while on these trips. Trips are for students entering middle school through high school. Register soon, space is extremely limited! Pick-up and drop-off is at the Underground Teen Center (2203 Central Avenue at Walnut Street). If you have questions, please call (510) 747-7529. See "Tween" Summer Adventures section for trip times, trip times are subject to change. A \$25 fee is assessed to withdraw your tween/teen from the trips.

#### Extra Fees:

- Late Registration Fee (if space available): \$10
- Withdrawal Fee: \$25
- Late pick-ups are \$1 per minute; payable that day

June 24	Driven Raceway & Jelly Belly Tour**
\$65 Res/\$72 Non-Res	Additional \$10 after May 29
June 26	Great America
\$55 Res/\$61 Non-Res	Additional \$10 after May 29)
July 1	Bridge 2 Bridge Ferry Tour & Pier 39
\$45 Res/\$50 Non-Res	Additional \$10 after June 5
July 3	Golden Skate & Rockin' Jump**
\$55 Res/\$61 Non-Res	Additional \$10 after June 5
July 8	Sea Kayak, Monterey**
\$80 Res/\$88 Non-Res	Additional \$10 after June 12
July 10	Six Flags Discovery Kingdom
\$55 Res/\$61 Non-Res	Additional \$10 after June 12
July 15-17	Lake Del Valle, Livermore, Overnight Camping
\$120 Res/\$132 Non-Res	Additional \$10 after June 19
July 22	Laser Tag & Shoreline Boating
\$55 Res/\$61 Non-Res	Additional \$10 after June 26
July 24	Oakland A's vs. Houston Astros Game
\$40 Res/\$44 Non-Res	Additional \$10 after June 26
July 29	Berkeley Ironworks & Aquatic Park**
\$50 Res/\$55 Non-Res	Additional \$10 after July 3
July 31	White Water Rafting, Coloma**
\$110 Res/\$121 Non-Res	Additional \$10 after July 3
August 5	AT&T Ballpark Tour, Lunch & Duck Tour
\$75 Res/\$82 Non-Res	Additional \$10 after July 10
August 6	Sequoia Adventure Course, Felton*/**
\$70 Res/\$77 Non-Res	Additional \$10 after July 10
August 12	Paintball, Santa Clara**
\$75 Res/\$82 Non-Res	Additional \$10 after July 17
August 14	Water World, Concord
\$55 Res/\$61 Non-Res	Additional \$10 after July 17

\*Trip is on Wednesday, NOT Thursday!

\*\*Trips require an additional Release of Liability form from our vendors.

**Visit ARPD or our website for more information; all details subject to change.**



## TENNIS LESSONS

### Locations

<b>Krusi Tennis Courts</b>	at Otis & High St
<b>Fairfield Tennis Courts</b>	740 Central Ave at 8th St. (Lower Washington Park)
<b>Leydecker Tennis Courts</b>	3225 Mecartney Road (Bay Farm Island)

### Adult Monday Morning Lessons

#### Ages 18 & Up

Now is the time to make those changes to your strokes that will raise your game a notch. Each class includes instructor tips, drills, strategy and tactics.

Fairfield Tennis Courts		
Monday	\$100 per session	\$20 drop in
June 16 - July 21	9:00 a.m. - 10 a.m.	Class #13425
July 28 - September 8 (no class Sept 1)	9:00 a.m. - 10 a.m.	Class #13426
Rain outs will be made up at the end of the session		

### Adult Evening Lessons

#### Ages 18 & Up

Our beginner tennis program is great for adults who want to learn the fundamentals of tennis. Intermediate tennis is designed for those who understand the basics of the game but are looking to improve their skills.

Fairfield Courts		
Tuesday and Thursday	\$100 per session	\$20 drop in
Beginners	6:30 p.m. - 7:30 p.m.	
Intermediate/Advanced	7:30 p.m. - 8:30 p.m.	
<b>6 classes</b>	<b>Beginner</b>	<b>Intermediate / Advanced</b>
June 17 - July 3	Class #13427	Class #13430
July 8 - July 24	Class #13428	Class #13431
July 29 - August 14	Class #13429	Class #13432
Rain outs will be made up at the end of the session		

### SKYHAWKS TENNIS

#### Ages 5 - 14

Skyhawks tennis focuses on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players. Players learn proper grips, footwork, strokes, volleys and serves during a series of drills designed to teach skills in a fun and dynamic way. In addition to developing a love for tennis, athletes



will learn the rules and etiquette that make tennis an exciting game to play. Due to limited court space, these programs fill quickly. Go to [www.skyhawks.com](http://www.skyhawks.com) for more detailed information and sample schedules. All participants receive a t-shirt and player evaluation. The participant-to-coach ratio is approximately 8:1. Participants should bring appropriate clothing, a lunch and snack (for programs over four hours) or two snacks (for programs four hours or less), a water bottle, running shoes, and sunscreen.



#### Krusi Park Tennis Courts

Monday - Friday	9:00 a.m. - 12:00 p.m.	\$149 per session
Ages	5 - 7 years	8 - 14 years
July 21 - 25	Class #13433	Class #13434
August 11 - 15	Class #13435	Class #13436

### 10 and Under Tennis

#### Ages 5 - 10

This class is designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions, and modified scoring, all tailored to age and size. Drop In Only, weather permitting.

#### Krusi Tennis Courts

Saturdays	\$100 per session/\$20 drop in per class	
<b>June 28 – Aug 2</b>		
7 - 8 year old	9:00 a.m. – 10:00 a.m.	Class# 13441
9 - 10 year old	10:00 a.m. – 11:00 a.m.	Class# 13442
5 - 6 year old (Mommy/Daddy & Me)	11:00 a.m. – 12:00 p.m.	Class# 13443
<b>August 9 – September 13</b>		
7 - 8 year old	9:00 a.m. – 10:00 a.m.	Class# 13444
9 - 10 year old	10:00 a.m. – 11:00 a.m.	Class# 13445
5 - 6 year old (Mommy/Daddy & Me)	11:00 a.m. – 12:00 p.m.	Class# 13446

### Private and Semi-Private Lessons

#### Ages 6 & Up

Alameda Recreation and Park Department tennis instructors are available for private and semi - private instruction year round. Time and location of the lessons are flexible and arranged upon request. Our instructors are experienced tennis teachers, many of whom are certified professionals. Contact (510) 747-PLAY or [ARPD@alamedaca.gov](mailto:ARPD@alamedaca.gov) for scheduling.

#### Private Instruction

1 hour lesson	\$45
4 one-hour lessons	\$180
<b>Semi-Private*</b>	
1 hour lesson	\$60
4 one-hour lessons	\$240
*Must have partner, price listed is for two participants	

# GOLF & OTHER CITY DEPT.

## CHUCK CORICA GOLF COMPLEX

**1 Clubhouse Memorial Drive  
747-7800 • [www.alamedagolf.com](http://www.alamedagolf.com)**

A golfers destination with 45 holes of challenging, yet enjoyable golf, a staff of PGA Professionals, pro shop, night lighted driving range, teaching academy, practice areas, restaurant, lounge and 9-hole Mif Albright course. Perfect for beginners and seniors.

**The Earl Fry (North) and Jack Clark (South) Courses** offer two scenic and challenging championship layouts that will challenge anyone's golfing skills. Call to reserve starting times or schedule a tournament. Our staff of highly trained professionals can provide assistance in club fitting, apparel, golf equipment, club repair and lessons.

**Practice Makes Perfect...** Enjoy the 9-Hole Par-Three Course & Expansive Practice Range... Friends, families and fun are a big part of golf at Chuck Corica, designed for beginners or those wanting to improve their short game, the par-three 9-hole MIF Albright course is a perfect option for those looking for a quick golf fix. Or, maybe a little practice on one of California's largest driving ranges is what you need to get started or to lower those scores.

### Newly Renovated Lucious Bateman Driving Range

- Upgraded mats
- 13 different targets
- Grass hitting surface coming soon
- Top quality range balls
- Custom club fitting by trained experts
- Lighted driving range
- Covered hitting stalls during inclement weather

### Norma Arnerich Teaching Academy

- Private teaching stalls
- Indoor teaching center
- State of the art video equipment
- Individual and group lessons available.

Residents (without cart)	Mon. - Fri.	Sat., Sun., & Holidays
<b>General</b>	\$28.00	\$35.00
<b>Senior</b> (Age 60 & Above)	\$23.00	\$35.00
<b>Junior</b> (Earl Fry Mon-Fri after 12:00; weekends & holidays after twilight only)	\$1.00	\$1.00 (after Twilight)
<b>Twilight</b> (2pm in summer & 12pm in winter)	\$23.00	\$25.00
<b>Late Twilight</b> (4pm in summer & 2pm in winter)	\$17.00	\$17.00
<b>9-holes</b> (1st 2-hours of the day)	\$19.00	\$22.00
<b>Tournament</b> (Cart included)	\$50.00	\$60.00
<b>Tournament - Senior</b> (Cart incl.)	\$38.00	\$60.00

### Mif Albright Par 3 Course

**Re-Opening May 2014  
with significant improvements!**

## FIRE DEPARTMENT

### Keeping Senior & Disabled Residents Safe with a FREE Alameda Fire Department Program

The City of Alameda has a Senior Safety and Accessibility Program for low-to-moderate income seniors (over the age of 62) and disabled residents of any age. This FREE program, administered by the Alameda Fire Department, provides a Home Safety Assessment that includes:

- installation of smoke and carbon monoxide alarms
- replacement of aging batteries in these safety devices
- installation of accessible
- grab bars and raised bowl toilets in bathrooms
- installation of handrails on interior stairways
- free safety aids such as flashlights, grab sticks, nightlights, and rug grippers



The Senior Safety and Accessibility Program helps keep senior and disabled residents safe from falls and fire in their home. The program is funded with grants from the Federal Department of Housing and Urban Development, the Alameda Community Fund, and Home Depot, as well as the City's General Fund. Income restrictions apply.

**To find out if you qualify for the program and to schedule a Home Safety Assessment, call Ruth Ann Crawford at 510-337-2133.**

### Alameda Police Department Summer Youth Academy

**Incoming 6th - 8th graders  
June 23 - July 4 (at the parade)  
Mon - Fri, 9:00 a.m. - 12:00noon**

This program is designed to provide the youth in our community a firsthand experience on the daily operations of police work. Participants will have an opportunity to interact with police personnel in a fun and interactive way to learn more about:

- Crime Investigations
- Internet Safety
- K-9 Demonstration
- Defensive Tactics
- Traffic Stops
- SWAT Demonstration
- Hands-on 4th of July Community Outreach
- and much more.



The Youth Academy is open to incoming 6th-8th grade students who live in Alameda. Students must not have any Felony convictions or misdemeanor arrests. Parental consent is a requirement. Final selection will be made by the COPPS Unit and it is limited to 20 participants. Participants will receive a free t-shirt.

**Contact [COPPS@alamedaca.gov](mailto:COPPS@alamedaca.gov)  
or 510-337-8305 for an application.**



**Learn More**

With unique **online courses** when and where **you** want them!

**NEW**



**Find the course that's right for you at: [www.ed2go.com/arpd](http://www.ed2go.com/arpd)**

ed2go instructor-facilitated online courses are informative, fun, convenient and highly interactive. Instructors are famous for their ability to create warm and supportive communities of learners. All courses run for six weeks. Beginning dates are: **April 16, May 21, June 18, July 16, August 20, and September 17**. All classes are \$85. A class sampling is provided below. **For a complete class listing, course descriptions and view the syllabus, visit [www.ed2go.com/arpd](http://www.ed2go.com/arpd).** Open to high school students – adults.

## **Business**

### **Effective Selling**

Learn the secret to converting a potential customer into a long-term asset. Find out how to lay the groundwork for repeat business and your future success.

### **Marketing your Business on the Internet**

E-commerce expert helps develop an Internet marketing plan for your business.

### **Microsoft PowerPoint**

Learn how to use Microsoft PowerPoint 2010 to create impressive, professional slide presentations.

### **Start your Own Small Business**

Stop dreaming and learn how to start your own successful small business.

## **Career Ideas**

### **Pharmacy Technician**

Master the skills for an entry-level position as a pharmacy tech or clerk, and discover the steps to become a Certified Pharmacy Technician (CPhT).

### **Resume Writing Workshop**

Discover the secret to transforming your tired, boring resume into a powerful tool that will get you interviews.

### **Twelve Steps to a Successful Job Search**

World-renowned author and career advisor shows you how to get the job you want quickly and easily and in any economy.

### **Computers Keyboarding**

Learn how to touch-type or improve your existing typing skills using Keyboarding Pro 5.

### **Family & Friends Assisting Aging Parent**

Be prepared to handle the challenges of aging while learning to cherish the transition.

### **Homeschool With Success**

Discover how to homeschool your children in a way that ensures they get what they need both academically and socially.

### **Singapore Math Strategies: Advanced Model Drawing for Grades 6-9**

Master model drawing, a revolutionary technique for teaching middle school math students how to triumph over word problems and learn to love math.

### **Losing Weight & Keeping it Off**

Discover how to establish a healthy approach to successful weight loss and weight maintenance for a lifetime.

## **Languages**

### **Speed Spanish**

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time.

### **Personal Finance/Investment**

### **Protect Your Money, Credit, and Identity**

Learn how to guard against scam artists, identity thieves, predatory lenders, and

### **Stocks, Bonds and Investing: Oh, My!**

Make wise investment decisions so you have enough to live comfortably through your retirement.

### **Where Does All My Money Go?**

Learn how to get control of your money once and for all.

### **Test Prep SAT/ACT Preparation Part 1**

Master the reading, writing, English, and science questions on the ACT and new SAT.

### **GRE Preparation Part 1 (Verbal Analytical) (US)**

Discover powerful strategies for success in the verbal reasoning and analytical writing sections of the GRE® revised General Test (course 1 of 2).

## **Web Design**

### **Creating Web Pages**

Learn the basics of HTML to design, create, and post your very own site on the Web.



## ENRICHMENT CLASSES

### Alexander Technique

Many of us suffer from flat feet, fallen arches, plantar fasciitis or bad hips and knees. Learn how to work with your body, legs and feet, not against them. Improve your balance and learn to understand the proper mechanics of walking. You will then increase your mobility, decrease tension in your legs, and ultimately find more enjoyment in your life.

Instructor: Lenka Fejt

Saturday	Fee: \$43	Leydecker
June 21 & 28	10:00 a.m. – 12:00 p.m.	Class# 13706

### Dog Training – Family Dog Manners

A positively, fun class for people and dogs! Focuses on basics (sit, down, stay, come, walk on a loose leash) as well as solving problem behavior (barking, jumping and more). And some recreational agility for fun! For dogs at least 5 months old. Vaccines and dog license required.

**No dogs at first class, people only.**

Instructor: Debra Ragan



Wednesday	Fee: \$78 (7 classes)	Veteran's Rm 250
June 4 – Aug. 6	7:00 p.m. – 7:45 p.m.	Class# 13707
No class June 18, July 2 and 30		
Saturday	Fee: \$78 (7 classes)	Veteran's Rm 250
June 7 – Aug. 2	11:00 a.m. - 11:45 a.m.	Class# 13708
No class June 14 and July 5		

### Positive Puppy Training

This class will focus on training and experiences for your puppy to help create a great family dog. Some topics addressed are: house training, beginning obedience, socialization with people and dogs, and how dogs learn. Puppies need to be ages 10 weeks to 5 months. Vaccines (at least 2 sets) and dog license required.

**No dogs at first class, people only.**

Instructor: Debra Ragan

Wednesday	Fee: \$78 (7 classes)	Veteran's Rm 250
June 4 – Aug. 6	6:00 p.m. – 6:45 p.m.	Class# 13709
No class June 18, July 2 and 30		
Saturday	Fee: \$78 (7 classes)	Veteran's Rm 250
June 7 – Aug. 2	10:00 a.m. - 10:45 a.m.	Class# 13710
No class June 14 and July 5		

**For more information  
and the latest updates, see  
[www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation)**



### Floral Design: A Practical Approach

**NEW**

Learn to harvest your garden and local market and use your blooms and foliage to decorate your home, office and celebrate your friends and special occasions.

\$25 supply fee due to teacher first class.

Instructor: Susan Bell

Wednesday	Fee: \$75 + \$25 supply fee (3 classes)	Leydecker
June 18 – 25 & July 2	6:30 p.m. – 8:00 p.m.	Class# 13711

### Let's JAM!

**NEW**

Fruit plus sugar equals goodness in a jar. If you've never jammed but always wanted to learn how, this class is for you! Roll up your sleeves and get ready – let's JAM! Supply fee of \$15 due to teacher at class.

Instructor: Yvonne Yildirim

Saturday	Fee: \$40 + supply fee \$15	Mastick Kitchen
June 21	10:00 a.m. – 12:00	noon Class# 13712

### Private Singing Lessons

Private Singing Lessons are the key to singing with a powerful, beautiful voice. We will take you to the next level. Be sure to impress at your next audition, performance or karaoke night! Supply fee of \$20 due to teacher at first class.

Instructor: The Latimerlo Studio

Thursday	Fee: \$213 (4 classes)	Veteran's Bldg, Rm 390 (upstairs)
June 19 – July 10	3:30 - 4:15 p.m.	Class# 13713
June 19 – July 10	4:15 - 5:00 p.m.	Class# 13719
June 19 – July 10	5:00 - 5:45 p.m.	Class# 13720
June 19 – July 10	5:45 - 6:30 p.m.	Class# 13721
July 17 - Aug. 7	3:30 - 4:15 p.m.	Class# 13722
July 17 - Aug. 7	4:15 - 5:00 p.m.	Class# 13723
July 17 - Aug. 7	5:00 - 5:45 p.m.	Class# 13724
July 17 - Aug. 7	5:45 - 6:30 p.m.	Class# 13725

# ADULTS - ENRICHMENT & SPORTS

## Taiko Drumming Beginning

### Ages 10 & up

An introduction to the rhythms and movement of Japanese Taiko Drumming. Learn to play simple pieces while enjoying moderate aerobic exercise. Supply fee of \$5 due to instructor at first session. Instructor: Kaji Yama Taiko Group

Tuesday	Fee: \$93 (9 classes)	O'Club
June 17 - Aug. 12	7:30 p.m. - 8:30 p.m.	Class# 13726

## Taiko Drumming Intermediate

### Ages 10 & up

This class teaches more complex and physically demanding aspects of Japanese Taiko Drumming. It provides moderate to vigorous aerobic exercise and it will introduce the students to a full spectrum of skills needed for a performance including drumming styles, staging, varieties of equipment, etc. Supply fee of \$5 due to instructor at the first class. Instructor: Kaji Yama Taiko Group



Tuesday	Fee: \$93 (9 classes)	O'Club
June 17 - Aug. 12	6:30 p.m. - 7:30 p.m.	Class# 13727

## SPORTS

### For all Adult Sports Leagues

**Participants must be a minimum of 18 years old and out of high school.**

**All team applications are available at the ARPD website or at our office.**

## Adult Softball Summer/Fall League

- Coed and Men's Softball D leagues
- Season starts week of August 18
- Games played 6:30 p.m., 7:40 p.m., and 8:50 p.m.
- Leagues play nights Monday - Friday
- 10 game season plus playoffs
- Field Locations: Leydecker Park, Arnerich Field at Upper Washington Park, and Toby Chavez Field at Lower Washington Park

Men's	Class #13422	Coed	Class #13423
Coed six team league		\$650 resident / \$700 non-resident	
Men's six team league		\$715 resident / \$765 non-resident	
All team applications and fees due July 11.			

## Beach Volleyball

**NEW**

ARPD has teamed up with Ali Oliver, former AA rated outdoor player and current Holy Names University Women's Volleyball Head Coach, to bring you summer beach volleyball. Fun, informative classes in which participants learn to play volleyball but also have the opportunity to meet new friends. In the beginner class, you will learn the basic skills such as passing, setting and serving, as well as the rules of the game. The intermediate / advanced class focuses less on ball control and serving and more on hand setting, defense, hitting and shots and the knowledge to correct errors when playing on your own. Guest instructors will include current and former AVP stars and NCAA All Americans.

Thursdays	6:00 p.m. - 7:30 p.m.
\$100 resident/ \$120 non-resident	Drop In \$20 resident/ \$25 non-resident
Crown Memorial Beach volleyball courts near intersection of Willow St. and Shoreline Dr.	
Session 1	June 19 - July 24
Beginner Class #13748	Intermediate/Advanced Class #13749
Session 2	July 31 - September 4
Beginner Class #13750	Intermediate/Advanced Class #13751

## Open Gym - Volleyball and Basketball

A year round Sunday night event with Volleyball and Basketball for all to enjoy.

Sundays	6:00 p.m. - 9:00 p.m.
(excluding holidays and holiday weekends)	
\$6 drop in fee	Alameda Point Gym, 1101 West Redline Ave.

## Volleyball

ARPD partners with VBmatch.com to host volleyball leagues and tournaments for community members. The League offers a high level of competition for players who previously competed at the high school varsity level or higher. We also host single-day volleyball tournaments on weekends. Volleyball activities are fun, social and competitive. We hope to see you on the court soon!

Mondays	6:00 p.m. - 10:00 p.m.
For league start dates, fees and information on specific events, please visit <a href="http://vbmatch.com">http://vbmatch.com</a>	
Alameda Point Gym, 1101 West Redline Ave	



## FITNESS

### Aikido For Adults

Aikido is a martial art, a self-defense system, which primarily emphasizes the use of redirecting the attacker's energy as opposed to meeting force with force and is based not on physical strength, but technique. Learned techniques include joint locks, holds, and body throws.

Instructor: Elmer Tancinco



Class #13669	Fee: \$63 (8 classes)	Alameda Aikikai
Tuesday	June 17 – Aug. 5	6:00 p.m. - 7:15 p.m.
Thursday	June 19 – Aug. 7	6:00 p.m. - 7:00 p.m.
Saturday	June 21 – Aug. 9	10:15 a.m. - 11:15 a.m.
*Choose any 8 classes from these session dates (June 17 to August 9)		

### Aikido with Tom Reed

Aikido is often thought of as a soft or internal martial art. Technique, timing and efficiency rather than strength are emphasized in the movements.

Instructor: Tom Reed

Mon & Wed	Fee: \$53 per month	Veteran Room 390
June 2 - 30	7:30 p.m. - 8:30 p.m.	Class# 13670
July 2 - 30	7:30 p.m. - 8:30 p.m.	Class# 13671
Aug. 4 - 20	7:30 p.m. - 8:30 p.m.	Class# 13672

### Boot Camp - Beginners

Start Today! Improve your quality of life by taking part in our total body fitness program. Enjoy cardiovascular strength, conditioning training and complete upper and lower body toning. Wear comfortable clothing and athletic shoes.

Instructor: Cata Stewart

Tues & Thurs	Fee: \$57 (8 classes)	Leydecker Center
June 3 – 26	7:30 p.m. – 8:30 p.m.	Class# 13676
July 1 – 24	7:30 p.m. – 8:30 p.m.	Class# 13677
July 29 – Aug. 21	7:30 p.m. – 8:30 p.m.	Class# 13678

### Boot Camp - Advanced

Do you want to take your fitness program to a higher level? Are you looking to challenge yourself? Do you want to lose weight? If so, we are here for you!

Instructor: Cata Stewart

Tues & Thurs	Fee: \$57 (8 classes)	Leydecker Center
June 3 – 26	6:30 p.m. – 7:30 p.m.	Class# 13673
July 1 – 24	6:30 p.m. – 7:30 p.m.	Class# 13674
July 29 – Aug. 21	6:30 p.m. – 7:30 p.m.	Class# 13675

# TRY US FOR FREE

Come on in to Bladium for a free guest pass, and discover all the fitness and fun we have to offer.\*



### Adult Soccer Leagues

All skill levels welcome.



### Group Exercise

Les Mills, Barre, Zumba and more.



### CrossFit

Avoid a "routine" workout routine.



### Youth Soccer Leagues

Competitive play for ages 6–18.



### Soccer Academy

World class coaching for ages 6–12.



### Lil' Kickers

High energy fun for toddlers to 7 years old.



### Parties and Camps

We do all the work so you don't have to!

## BLADIUM<sup>®</sup>

### SPORTS & FITNESS CLUB

800 West Tower Ave., Bldg. 40 • Alameda  
(510) 814-4999 | BladiumAlameda.com

\*Guest pass good for an individual, couple, or family living at same residence.



# ADULTS – FITNESS

## Nufit Boot Camp

Get fit the right way! Incorporate advanced training principal and nutrition to get fit faster. Assessment and cooking demos are included. Workouts include blood pumping warm up, conditioning, strength circuit, cardio and stretching.

Instructor: Summer Farouni

Tues & Thurs	6:00 a.m. – 7:00 a.m.	Leydecker Center
June 17 - 26	Fee: \$43 (4 classes)	Class# 13679
July 1 - 31	Fee: \$103 (10 classes)	Class# 13680

## Fitness Conditioning and Combat Workout

Get fit by learning basic self-defense techniques. Learn and practice basic boxing, kickboxing and self defense moves. This class is perfect for adults wishing to improve their fitness level and those wanting to learn to defend themselves (minors must be accompanied by a parent).

Instructor: Elmer Tancinco

Wednesday	Fee: \$53 (8 classes)	Alameda Aikikai
June 18 – Aug. 6	7:00 p.m. - 8:15 p.m.	Class# 13681

## Golf

Learn Golf fundamentals including: golf swing, using irons and woods, and chipping and putting techniques. Clubs provided as needed. Rubber soled shoes are recommended. Enrollment is limited.

Instructor: Randy Herzberg



Fridays	Fee: \$53 (6 classes)	Godfrey Field
June 20 – Aug. 1	9:30 a.m. – 10:30 a.m.	Class# 13682
June 20 – Aug. 1	10:30 a.m. – 11:30 a.m.	Class# 13683
No class July 4		

## Hawaiian Jujitsu

### Ages 15 & Up

Hawaiian Jujitsu is a Japanese martial art using anatomical knowledge and the principle of leverage against the strength and weight of an aggressor. Learn street self-defense, grappling, and traditional Jujitsu (Kodenkan).

Instructor: Chris Peterson

Tues & Thurs	7:00 p.m. – 8:30 p.m.	Twin Towers
June 17 – July 17	Fee: \$70 (10 classes)	Class# 13684
July 22 – Aug. 14	Fee: \$57 (8 classes)	Class# 13685
Saturday	11:30 a.m. - 1:00 p.m.	Twin Towers
June 21 – Aug. 9	Fee: \$44 (6 classes)	Class# 13686
No class July 5 or July 19		

## Introduction to Square Dance

### Ages 10 to adult

Square Dancing is friendship set to music! It is an aerobic, interactive cooperative dance form. No partner or special costume required. Please wear comfortable shoes. This class will introduce the BASIC program of Square Dance.

Instructor: Charles Clay

Wednesday	Fee: \$30 (9 classes)	Leydecker Center
June 18 – Aug. 13	7:00 p.m. – 9:00 p.m.	Class# 13668

## Low Impact Cardio

Join our low impact gentle aerobic workout. Gently firm and stretch to experience an overall conditioning of the body. Suitable for those just starting an exercise program or desiring a lower pace class.

Instructor: Toya Alexander

Tues & Thurs	9:00 a.m. – 10:00 a.m.	Harrison Center
June 17 – July 10	Fee: \$51 / Seniors \$49 (8 classes)	Class# 13688
July 15 - Aug. 7	Fee: \$51 / Seniors \$49 (8 classes)	Class# 13689
Aug. 12 – 28	Fee: \$39/ Seniors \$37 (6 classes)	Class# 13690

## Let's Run

Learn to enjoy running by developing proper form, strength training and skills. Class includes warm-up, strengthening, and cool-down exercises.

Instructor: Marty Beene



Tues./Thur.	11:30 a.m. – 1:00 p.m.	Shoreline Park
June 17 – Aug. 7	Fee: \$80 (16 classes)	Class# 13691

## Let's Keep Running

Continue to enjoy running by practicing proper form using training and fine-tuning skills learned in the beginning class. Includes warm-up, strengthening, cool-down exercises, and running.

Sunday	8:00 a.m. – 10:00 a.m.	Leydecker
June 22 – Aug. 10	Fee: \$73 (7 classes)	Class# 13692
No class July 27		

**For more information  
and the latest updates, see  
[www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation)**

## Shaolin Tai Chi Praying Mantis Kung Fu

Study and practice in the form and theories of Tai Chi Chuan and Shaolin Kung Fu. This class will cover Qi-Gong, Meditation, Self-defense as well as the movements of the Yang 24 style Tai Chi Chuan and Shaolin Kung Fu. Suitable for all levels of training.

Instructor: Janet Oppio

Wednesday	7:00 p.m. - 8:30 p.m.	Harrison Center
June 18 – Aug. 13	Fee: \$61 (9 classes)	Class# 13693

## Tai Chi Chaun

Learn to appreciate the form and theory of Tai Chi Chuan. This class will cover Qi Gong, Meditation, Self-Defense as well as the movements of the Yang 24 style, Tai Chi Chaun. Suitable for all levels of training.

Instructor: Janet Oppio

Monday	7:00 p.m. - 8:30 p.m.	Harrison Center
June 16 – Aug. 11	Fee: \$61 (9 classes)	Class# 13694

## Yoga - Body & Mind

Combine stretching, stillness, and stamina to give your body a well-rounded yoga workout. Enhance your energy, gain flexibility, increase strength, and reduce your aches and pains. Open to all levels. Wear loose clothing and have an empty stomach.

Instructor: Toya Alexander



Tuesdays	Fee: \$57 (6 classes)	Harrison Center
June 17 – July 22	6:30 p.m. – 7:30 p.m.	Class # 13695
June 17 – July 22	7:40 p.m. – 8:40 p.m.	Class # 13696
Tuesdays	Fee: \$48 (5 classes)	Harrison Center
July 29 – Aug. 26	6:30 p.m. – 7:30 p.m.	Class# 13697
July 29 – Aug. 26	7:40 p.m. – 8:40 p.m.	Class# 13698

## Yoga - Gentle Stretch

Start your day with a gentle yoga workout and experience the benefits of gentle stretches and poses that energize your body. Relaxation and guided meditation centers body and mind. Suitable for all levels. Empty stomach required.

Instructor: Toya Alexander

Mon & Wed	Fee: \$51 / Seniors \$49 (8 classes)	Harrison Center
June 16 – July 9	9:00 a.m. – 10:00 a.m.	Class# 13699
June 16 – July 9	10:15 a.m. – 11:15 a.m.	Class# 13700
July 14 – Aug. 6	9:00 a.m. – 10:00 a.m.	Class# 13701
July 14 – Aug. 6	10:15 a.m. – 11:15 a.m.	Class# 13702
Mon & Wed	Fee: \$39/ Seniors \$37 (6 classes)	Harrison Center
Aug. 11 - 27	9:00 a.m. – 10:00 a.m.	Class# 13703
Aug. 11 - 27	10:15 a.m. – 11:15 a.m.	Class# 13704

## Zumba Fitness

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape. Feel the rhythm of high energy Latin and international beats.

Instructor: Summer Farouni

Saturday	9:00 a.m. – 10:00 a.m.	Harrison Center
June 21 - July 26	Fee: \$51(6 classes)	Class# 13705



## Instructor Spotlight

Toya Alexander has been a fitness instructor since 1995 and began providing Yoga and Cardio classes for ARPD 17 years ago. Over the years, she has taught in various gyms and fitness establishments in the Bay Area. In addition, Toya is an accomplished composer and professional singer. She most recently produced and performed several tributes to the late jazz icon Phyllis Hyman. Toya has earned the nickname, 'Singing Yoga Teacher'. Her classes are successful and well supported. When asked why her classes are so popular, she responded, "I love what I do. It's my personal goal to help my students learn to relax and leave my classes feeling renewed."



### Students share their personal experience in Toya's Classes:

Johanna: "Yoga with Toya has helped me maintain my flexibility and balance."

Noel: "I like the fact that the class incorporates gentle yoga stretches, with more challenging standing postures that enhance strength and balance."

# SENIORS/ADULTS 50+ - CENTER & CLASSES

## MASTICK SENIOR CENTER



1155 Santa Clara Ave, Alameda	(510) 747-7500
Customer Service	(510) 747-7506
Lunch Program	(510) 747-7503
Transportation Services	(510) 747-7513
Travel Program	(510) 747-7511
Website	www.mastickcenter.com
Weekday Program Hours	8:30 a.m. to 4:00 p.m.
Weekday Office Hours	8:30 a.m. to 3:00 p.m.
Saturday (Bingo & Thrift Shop)	10:00 a.m. to 2:30 p.m.

### Summer Evening Hours

Mastick Senior Center will offer evening programs on **Wednesdays beginning June 18, through August 27, from 5:30 p.m. to 8:30 p.m.** Enjoy computer instruction and/or lab time, art and dancing classes, a movie, or just a place to relax in an air-conditioned environment. A flier highlighting the various activities will be available in the Mastick Lobby in May.



## SENIOR CLASSES

### FITNESS CLASSES

Fitness Classes	
Monday/Friday	9:00 a.m. – 10:30 a.m.
June 2 – September 19	Fee: \$60; Class #13420
Monday	9:00 a.m. – 10:30 a.m.
June 2 – September 15	Fee: \$45; Class #13418
Friday	9:00 a.m. – 10:30 a.m.
June 6 – September 19	Fee: \$45; Class #13419
Wednesday	9:00 a.m. – 10:30 a.m.
Ongoing	Free
Pilates	
Wednesday	10:45 a.m. – 11:45 a.m.
Fee	\$4 per person per class
Tai Chi 24 Steps	
Beginning	9:15 a.m. – 10:15 a.m.
Thursday	\$3 per person per class
Intermediate	10:30 a.m. – 11:30 a.m.
Thursday	\$3 per person per class
Tai Chi-ercise	
Tuesday	10:00 a.m. – 11:00 a.m.
Fee	\$4 per person per class
Yoga Classes	
Tuesday	10:30 a.m. - 12:00 Noon
May 13 – June 17	Fee: \$30 (6-weeks); Class #13214
July 8 – August 12	Fee: \$54 (6-weeks); Class #13341
August 19 – Sept. 23	Fee: \$54 (6-weeks); Class #13342
Wednesday	9:00 a.m. – 10:30 a.m.
May 14 – June 18	Fee: \$30 (6-weeks); Class #13218
July 9 – August 13	Fee: \$54 (6-weeks); Class #13345
August 20 – Sept. 24	Fee: \$54 (6-weeks); Class #13346

**Refer to the Activities at a Glance flier available at the Center or [www.mastickcenter.com](http://www.mastickcenter.com) for program locations. Or simply visit the Mastick Office for assistance.**

### Information & Referral Assistance Hotline

**Need Help? Get answers by simply dialing 211.**

211 is a free, non-emergency, confidential, three-digit phone number and service (211.org) that provides easy access to housing information, and critical health and human services. 211 operates 24 hours a day, seven-days a week with multi-lingual capabilities.



# CLASSES - SENIORS/ADULTS 50+

## Summer Time Swing Dance

Come wiggle with us!!

**Mastick Social Hall**

**Thursday, June 12, 2014,**

**1:00 p.m. to 3:30 p.m., \$2 per person**

**Enjoy dancing, socialization, and refreshments!**

## DANCING CLASSES

<b>Ballroom Dance</b>	
Wednesday	1:00 p.m. – 2:00 p.m.
Fee	\$4 per person per class
<b>Hawaiian Dance</b>	
Hula I	
Monday/Friday	10:30 a.m. – 11:30 a.m.
Fee	\$3 per person per class
Hula II	
Monday/Friday	11:30 a.m. – 12:30 p.m.
Fee	\$5 per person per class
Hula III	
Monday/Friday	12:30 p.m. – 3:00 p.m.
Fee	\$5 per person per class
<b>Line Dance</b>	
Beginning	
Wednesday/Thursday	12:00 Noon – 1:00 p.m.
Fee	\$3 per person per class
Advanced	
Wednesday/Thursday	1:00 p.m. – 2:30 p.m.
Fee	\$3 per person per class
<b>Square Dance</b>	
Tuesday	1:00 p.m. – 3:00 p.m.
Fee	\$2 per person per class
<b>Zumba®</b>	
Wednesday	12:00 noon – 12:50 p.m.
Fee	\$4 per person per class

## On-Line Registration Available

Enrolling for Mastick Classes: Ceramics, Computer, Drawing/Painting, Fitness, and Yoga classes just got a lot easier with on-line registration.

**To register, visit [www.arpdeplay.com](http://www.arpdeplay.com) and follow the dialogue boxes.**

The fliers for these classes will now have course numbers which may assist you with the registration process. Please let us know if you need help navigating the on-line registration process – hopefully, this will simplify the registration process for you!

## ART AND CRAFTS

### Beaded Jewelry Making

Monday (3rd)	9:30 a.m. – Noon
Fee	\$15 per person per class

### Card-making Class (Recess July & August)

Monday (2nd & 4th)	10:00 a.m. – Noon
Fee	\$5 per person per class

### Creative Writing (Resumes Spetember 9)

Tuesday	\$88 per month
Session I	9:00 a.m. – 11:00 a.m.
Session II	11:30 a.m. – 1:30 p.m.

### Ceramics

Thursday	June 19 – August 21
Beginning	9:30 a.m. – 11:30 a.m.
Class #13348	\$111 + \$25 materials fee payable to instructor
Advanced	12:30 p.m. – 3:00 p.m.
Class #13351	\$111 + \$25 materials fee payable to instructor
Lab (for enrolled students)	
Tuesday	10:00 a.m. – 2:00 p.m.

### Drawing/Painting

Fee	\$68
Monday	12:30 p.m. – 3:30 p.m.
Class #13209	April 7 – June 9
Friday	9:30 a.m. – 12:30 p.m.
Class #13734	April 11 – June 13
Lab	1:00 p.m. – 3:30 p.m.
Friday	For enrolled students only

### Knitting / Crocheting

Tuesday	1:00 p.m. – 3:00 p.m.
Fee	Materials/Supplies

### Needlecraft

Tuesday	9:00 a.m. – Noon
Fee	Materials/Supplies

### Quilting Lab

Friday	1:15 p.m. – 3:45 p.m.
2nd Saturday	9:00 a.m. – 3:00 p.m.
Fee	Materials/Supplies

### Sewing

Wednesday	10:00 a.m. – 2:00 p.m.
Fee	\$5 per person per class

### Stained Glass (Beginner & Intermediate)

Wednesday	9:00 a.m. – 3:00 p.m.
Fee	\$4 per class + participant must also provide materials/supplies
Lab	9:00 a.m. – 12:00 noon
Monday	For enrolled students only

# SENIORS/ADULTS 50+ - CLASSES, SERVICES & FOOD

## LANGUAGE INSTRUCTION

Register on-line at [arpdeplay.com](http://arpdeplay.com) or in the Mastick Office.

American Sign Language (ASL)	
Monday, April 7 – June 2, (Holiday: May 26)	Class # 13746
Monday, June 16- August 4	Class # 13747
1:00 p.m. to 2:00 p.m. to Room D	\$20 per person per session
English as a Second Language (ESL)	
Tuesdays, May 13 – July 1	Class #13207
Tuesdays, July 15 – September 2	Class #13730
Tuesdays, Sept. 23 – Nov. 4	Class #13731
10:00 a.m. to 12:00 Noon	\$20 (8-week sessions)
French Conversation – FREE	
Friday	Volunteer Instructors
Literary Discussion	9:00 a.m. – 10:00 a.m.
Elementary French	10:00 a.m. – 11:00 a.m.
German Conversation – FREE	
Friday	10:00 a.m.-11:30 a.m.
Free	Volunteer Facilitator
Italian Conversation – FREE	
Friday, April 11-June 27	Staff
Beginning	10:00 a.m.- 11:00 a.m.
Spanish	
Monday, April 7 – June 2	\$20 per person per session
Spanish I: Class #13410	9:00 a.m. -10:00 a.m.
Spanish II: Class #13411	10:15 a.m.-11:15 a.m.
Spanish III: Class #13412	11:30 a.m.-12:30 p.m.

## Alzheimer's Caregiver Support Group

The Alzheimer's Caregiver Support Group meets from 10:00 a.m. to 11:30 a.m. in Room D on the second Thursday of the month. This group is for individuals caring for a loved-one with Alzheimer's Disease or dementia. Shelley Cooper, group facilitator, is provided by the Alzheimer's Association.



## FOOD

### Food Programs

Monday – Friday	12:00 Noon*
Eligibility Requirement: 60 & older	Fee: \$3.50 Donation
*The dining room opens at 11:15 a.m. Reservations are required.	

### Brown Bag Program

Thursday (1st & 3rd)	9:00 a.m.
Eligibility Requirements: 60 & older/Income limits	



## SPECIAL SERVICES

### Paratransit Transportation Services

Transportation services to the Center and beyond are available for Alameda residents. To learn more call (510) 747-7513.

### 511 Transportation Hotline

511 is a one-stop phone and web source for up-to-the-minute Bay Area traffic, transit, rideshare, and bicycling information. It's FREE and available whenever you need it – 24 hours a day, 7 days a week – from anywhere in the nine-county Bay Area. Call 511 or visit 511.org. (Consider grouping with Paratransit information).

### Support Services for Everyday Living

At the Center, Blood Pressure Screening, Dental and Podiatry Consultation, Legal Services, Health Insurance Counseling, Support Groups, Notary Services, Income Tax Preparation, and much more. Visit the Mastick Office for a complete list of services.

### AARP Smart Driver Course

This course is designed for those individuals age 50 and older. Register and pay in the Mastick Office prior to class. Cost: \$15 AARP members/\$20 non-members (check ONLY).

**The standard course** is offered in two, four-hour sessions over a two-day period from 9:00 a.m. to 1:00 p.m. on the following dates: **July 2 & 9 and October 1 & 8.**

**The refresher course** is offered in one, four-hour session from 9:00 a.m. to 1:00 p.m. and is available to individuals that have taken the standard course within the last four years. The refresher course is offered on the following dates: **May 7, June 4, August 6, and September 3.**

## TRAVEL PROGRAMS

Staff is available to assist you with your travel interests on Tuesday from 9:00 a.m. to 3:00 p.m. or by appointment. To make an appointment, please call (510) 747-7511.

### Local Travel

#### 2014 Day Trips Include:

May	Korbel Winery/Russian River
June	Muir Woods/Marine Mammal Center
July	Safari West
August	Rosie Riverter/Golden State Model Railroad
September	Sonoma Excursion

### Long Distance Travel

#### Islands of New England

September 2014 (8 days)	\$2,659 double/\$3,059 single
Highlights: Providence, Newport, Boston, Cranberry Bog, Plymouth Rock, Plimoth Plantation, Cape Cod, Martha's Vineyard, Nantucket, Hyannis, Provincetown, Whale Watch or Sand Dunes, Lobster Dinner.	

#### Portugal & Its Islands

October 2014 (13 days)	\$4,749 double/\$5,449 single
Lisbon, Folkloric/Fado Dinner Show, Portuguese Riviera, Fatima, Obidos, St. Michael Island-Azores, Ponta Delgada, Sete Cidades, Plantation Visits, Furnas Valley, Cooking Class, Madeira Island, Monte, Botanical Garden, Camara de Lobos, Cabo Girao, Espetada Dinner Show.	

#### Tropical Costa Rica

February 2015 (9 days)	\$2679 double/\$3179 single (\$100 off, if booked by August 9)
Highlights: San Jose, Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Hanging Bridges, Arenal Volcano, Lake Arenal Cruise, Cooking Demonstration, Cano Negro Refuge, Zarcero, National Theatre.	

## TRAVEL PRESENTATION

**On Wednesday, September 3, at 1:00 p.m.**

in the Mastick Media Room,  
a representative from Collette Tours will be presenting  
2014-2015 travel opportunities:

Islands of New England, Portugal & Its Islands,  
Tropical Costa Rica, London and Paris, and MORE!



Portugal



Paris

## Need a Quiet Space to Meet?

Mastick Senior Center has many nooks and crannies that can be used as meeting spaces. If you need to meet with a contractor or interview a caregiver and don't want to meet at your home, please take advantage of the comfortable, friendly atmosphere provided here at Mastick Senior Center. **To reserve a meeting space, please call 747-7506.**

## ADVISORY BOARD (MSCAB) PROGRAMS

### Mastick Senior Center Advisory Board

The Mastick Senior Center Advisory Board meets on the third Wednesday of the month at 9:00 a.m. in Room D.

**All are welcome!**

### Mastick Bingo Program

Individuals 18 years of age and older are encouraged to join us **every Saturday from Noon to 2:30 p.m.** for fundraising BINGO. This festive game is held in the Mastick Social Hall and ensures an afternoon of fun, socialization, and a chance to win cash and prizes. Doors open at 10:00 a.m. All proceeds support Mastick Senior Center programs.



### Mastick Thrift Shop

BARGAINS galore are available at the Mastick Thrift Shop on **Tuesday and Saturday from 10:00 a.m. to 2:00 p.m.** The Thrift Shop is open to the public and has been a shopping destination since 1984! The Thrift Shop accepts donations that are clean and in good condition. All proceeds support Mastick Senior Center programs.



### MSCAB Scholarship Program

The Mastick Senior Center Advisory Board (MSCAB) **provides assistance three times per year** to members to help offset the cost of Mastick programs and trips. The scholarship program funds 50% of the program cost not to exceed \$50. For more information or an application, visit the Mastick Office or call (510) 747-7506.



# SENIORS/ADULTS 50+ - HOT TOPICS

## MASTICK'S HOT TOPICS!

**Hot Topics feature relevant topics of interest. Upcoming presentations or events are outlined below and in each edition of our monthly newsletter, Mastick Bee, which is available online at [www.mastickcenter.com](http://www.mastickcenter.com). Preregistration is required for all programs listed below and can be accomplished by visiting the Mastick Office or calling (510) 747-7506.**

### Annual Fashion Show & Spring Luncheon

**Thursday, May 8, 11:00 a.m. in the Mastick Social Hall**  
Ticket sales begin Friday, April 11, 8:30 a.m. in the Mastick Office. The Annual Thrift Shop Fashion Show and Spring Luncheon will guarantee an enjoyable afternoon with friends and is a nice way to support Mastick Senior Center.

### Alexander Technique - The Art of Mindful Movement

**April 23 & 30 and/or May 7 & 14**

Drop-In Classes: Wednesdays, 2:30 p.m. to 3:30 p.m., \$8 per class. Lenka Fejt, Alexander Technique Instructor

The greatest gift for a person who experiences pain or discomfort during daily activities is to improve their mobility, balance, breathing and ultimately their overall functioning. Learn to think and move in new ways with less tension and greater ease.

### University of California at Berkeley Low Vision Center

**Wednesday, May 7, 1:30 p.m. in Room D**

Representatives from the University of California at Berkeley Low Vision Center will provide an overview of services available at the Low Vision Clinic. This is an opportunity for individuals with low vision to learn how to make better use of their remaining vision through optical and electronic devices, and other adaptive techniques.

### Travel Training

**May 13, 1:00 p.m. in Room D**

Freedom is around the corner! Representatives from the Center for Independent Living (CIL) will be available to instruct individuals on how to ride AC Transit and BART. This user-friendly program is designed for seniors and individuals using mobility devices (wheelchairs or walkers). Learn how to read a bus schedule, plan your route and increase confidence and independence!

### Walk with Us for Older Americans Month

**Wed., May 14, 9:00 a.m. on the Game Room Terrace**

Bike Walk Alameda and Mastick Senior Center have organized a special walk to show our support and commitment to healthy aging in honor of "Older Americans Month". Representatives from Alameda Hospital will be onsite to provide Blood Pressure Testing and Diabetes Screening from 10:00 am to 11:30 am.

### Fall Prevention

**Thursday, May 15, 1:00 p.m. in Dining Room 2**

Join Donna Murray, Occupation Therapist in the Rehabilitation Department at Alameda Hospital, as she presents on fall prevention, including home safety and exercise. She will provide hand-outs and also demonstrate the correct way to get up if falling is unavoidable.

### Brain and Body Fitness

**Thursday May 22, 10:00 a.m. to 11:30 a.m.  
in the Mastick Social Hall**

Cynthia Rauschert, Circus Moves Director, will lead you in a unique form of physical and mental exercise that combines developmental principles with the playful skill of circus arts. \$5 per person recommended.



### FREE - Drumming Circle

**Thursdays, June 12 & Sept. 11, at 2:30 p.m. in Room A**

Want to improve circulation in your hands and body, loosen stiff joints in the shoulders, arms and wrists, and stimulate the mind? If so, join the Mercy Retirement Community Drumming Circle for a musical experience.

### VA Benefits and YOU!

**Tuesday, June 17, 1:00 p.m. in Room D**

An Alameda County Veterans Service Officer will provide an overview of VA Benefits.

### Victoria's Legacy on the Island

**Tues. and Thurs., June 17 - July 8, 10:00 a.m. in Room E**

Judith Lynch (local author, teacher, resident and City of Alameda Historical Advisory Board member) will provide an overview on Victorian history and culture, highlighting the 19th century buildings of Alameda. This class will include three walking tours to show you how to recognize architectural details and distinguish among the various styles of fancywork homes that abound here. Class limited to 25 participants.

### Let's JAM!

**Saturday, June 21, 10:00 a.m. in the Mastick Kitchen**

Fruit plus sugar equals goodness in a jar. If you've never jammed but always wanted to learn how, this class is for you! Roll up your sleeves and join Yvonne Yildirim, Instructor, to make jam! Fee: Supply fee of \$15 due to teacher at class. **Class #13712**



## Summer Bingo BASH!!

**Saturday, July 5,**

**Doors Open at 10:00 a.m., First Game at 12:00 noon**

Join us for our Summer Bingo BASH!!! The Bingo Committee is hosting this event which offers free apple pie ala mode (for participants) and a chance to win cash and prizes. All welcome, 18 years of age and older!

## The Last Gift Box - A Present for Those Who Follow Me

**Thursday, July 10 and Oct. 23, 1:00 p.m., in Room D**

Tina Cole Kreitz, Alameda resident, daughter, wife, mother, sister, artist, teacher, and friend has written "The Last Gift Box" a "to do" book for individuals to plan and organize their exit, removing the questions that arise when someone dies. Take the first step by joining Tina Kreitz and begin the process of putting your affairs in order for yourself and your loved ones. Tina Kreitz has a degree in Sociology, a Masters in Clinical Psychology, and taught at Island High School for many years.

## Explore Your Future Workshop

**Tuesdays, September 9, 16, 23, and 30,  
1:00 p.m. to 3:00 p.m., Room D**

This Coming of Age fun, thought-provoking, four-session workshop will help you envision your next phase of life. Whether you're retired or just thinking about it, wanting to explore a new interest, start a second career, or give back to your community through volunteering, the Explore Your Future program includes a range of proven techniques and activities for self-discovery. Fee: \$79 for Coming of Age members or \$129 for non-members. To register online visit: <http://ncphs.force.com/Enrollment>.

## DMV Senior Ombudsman Program

**Tuesday, July 15, 1:00 p.m. in Room D**

Join Rosemary Robles, Community Outreach Senior Ombudsman, for an overview of the Senior Ombudsman Program which was developed to help keep seniors safe while driving.

## Volunteers Make Life Better!

On Sunday, January 5, Jolene Adams, American Rose Society President, provided rose care and pruning instruction to the public while volunteers from the East Bay Rose Society pruned the roses in the rose gardens at Lincoln Park (1450 High Street). Be sure to stop and smell the roses the next time you are visiting Lincoln Park or simply in the neighborhood!



City of Alameda  
**Paratransit Shuttle**

*"This shuttle gives me independence! Thank you!"*  
— City of Alameda Shuttle customer



*Transportation for Seniors  
and People With Disabilities*

# The Freedom to Ride



Got places to go around town? Gas prices got you down?  
Does finding parking make you frown?  
Take the **FREE** City of Alameda Paratransit shuttle.\*

To register, contact the Mastick Senior Center Transportation Office.

**[www.AlamedaParatransit.com](http://www.AlamedaParatransit.com)**

City of Alameda Paratransit services are funded by Measure B.

\*Must be an Alameda resident age 55+ or East Bay Paratransit certified.

# SENIORS/ADULTS 50+ - OVERVIEW

Description	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Price
AARP Chapter Meeting (3rd Thur)				11:30am			Dues: \$5 per year
AARP Smart Driver Program			9:00am				\$15 members/ \$20 non-members
Billards	9:00am	9:00am	9:00am	9:00am	9:00am		Free
Bingo (Fundraising Program)						10:00am	Varies
Birthday Celebration (4th Thur)				12:30pm			Free
Blood Pressure Screening (3rd Tues)		1:45pm					By Appointment. No fee.
Blood Pressure Screening (2nd & 4th Wed)			10:00am				Free
Book Club		1:00pm					Free
Bridge (Social)			1:00pm				Free
Cards and Games	9:00am	9:00am	9:00am	9:00am	9:00am		Free
Computer Classes							Schedule and fees vary.
Computer Lab	9:00am		9:00am	9:00am	9:00am		Free/ Printing Fees
Consumer Presentations		1:00pm					Free
Current Events				9:30am			Free
Dental Consultation (3rd Thursday)				10:00am			By Appointment. No fee.
East Bay Retired Teachers Assoc. (EBRTA) (1st Thur)				10:00am			Free
HICAP		9:30am					By Appointment. No fee.
Legal Assistance for Seniors (2nd Monday)	1:00pm						By Appointment. No fee.
Library	10:00am		10:00am		10:00am		Free
Mah Jongg (Beginners)	Register in the Mastick Office. Must purchase Mah Jongg playing card.						
Mah Jongg (Experienced Players)					1:00pm		Free
Mastick Senior Center Advisory Board Meeting (3rd Wed)			9:00am				Free
Mastick Walking Group	9:30am						Refer to program flier.
Movie Matinee				1:00pm			Free
Music Appreciation (4th Thursday)				1:30pm			Free
New Member Orientation (2nd Thursday)				10:30am			Free
Notary Service			1:30pm				By Appointment. No fee.
Podiatry Consultation (3rd Tuesday)		1:45pm					By Appointment. No fee.
Portraits by Woodard (3rd Monday)	1:00pm						By Appointment. No fee.
Scrabble				1:30pm			Free
Shuffleboard	Daily	Daily	Daily	Daily	Daily		Free
Singing with Keiko					12:30pm		Free
Today's World		9:30am					Free
Thrift Shop		10:00am				10:00am	Varies
Transportation Ticket Sales		9:00am		9:00am			Varies
Program dates, times, locations and fees are subject to change.							
Please refer to the Activities at a Glance flier available at the Center for program locations.							



## ALAMEDA WALKS - 2014

All walks begin at 9 a.m. and last approximately one hour. When walks are longer, it will be noted plus new walks are indicated. Look for the red Alameda Walks hats! While we love the furry pets, we prefer that they wait for you at home.

### May 3

#### Northshore Walk - Two Perspectives of Alameda

Meet behind Pet Express on the Estuary side in the Bridgeside Shopping Center, Blanding at Broadway. This walk will explore the north shore of Alameda and enter into Jingtown Art Walk over the Park Street Bridge in Oakland.

### May 10

#### Bay Farm Destroyers

Meet at Tillman Park, 220 Aughinbaugh Way. The walk will discuss Bay Farm history including the use of destroyers as break waters on the development of Harbor Bay. Dennis Evanovsky and Eric Kos will lead this walk. Note: walk lasts 1 hour 15 minutes

### June 7

#### Webster Street/Crab Cove/Sand Castle Contest

Meet at the tennis courts, lower Washington Park (entrance on 8th Street). The walk will end with the opportunity to check out the building of the sand castle and sand sculptures.

### June 14

#### Shoreline Walk & City View

Meet at Pedal Beach Bike Rentals parking lot on Shoreline between Park St. and McDonalds. Enjoy a walk along Shoreline Dr. to bask in the beautiful view of the renovated beach and visit the Board Sports at Crown Beach. Hosted by Bike Walk Alameda.

### June 28

#### Gold Coast and Meyer's House Tour Walk

#### Special Walk- Note than different start time: 10 AM

Meet at 10 AM at Meyer's House, 2021 Alameda Ave. This walk will be an extended walk led by Robert Perricone to explore some of the sights and history the Gold Coast Area. One architectural highlight will be the 7 Julia Morgan homes in the area. The walk will be approximately 5 miles and last three hours. Upon completion, participants can also explore the Meyer's House which is open from 1-4 and there is a \$5 admission charge.

### July 5

#### Bay Farm Birds and Lagoon Walk

Meet at the Harbor Bay Community Center parking lot, 3195 Mecartney Road. Evelyn Kennedy will discuss some of the bird life on the lagoon especially the Egret nesting.

### July 12

#### Alameda Point North

Meet at City Hall West, 950 West Mall Square-facing the main gate entrance of Alameda Point. This walk will discuss the history and unique aspects of the northern portion of Alameda Point. Dennis Evanovsky and Eric Kos will lead this walk. Note: walk lasts 1 hour 15 minutes

### August 2

#### Marina Cove Park to Jean Sweeney Open Space Park

Meet at Marina cove Park, 1591 Clement Street. This walk will examine the waterfront park and then continue to walk over to the Jean Sweeney Open Space Park and examine the potential design for the newest park in Alameda.

### August 9

#### Alameda Point South

Meet at the Jet at the south gate entrance of Alameda Point-the end of Appezatto Parkway & parking is to the right of the jet. This walk will include history and unique aspects about the southern portion of Alameda Point. Dennis

## EXPLORE THE WORLD!

### Trips for Families & Adventurous People

A small deposit will reserve your seat on one of these fabulous trips. Trip logistics are coordinated by Collette Travel company. For more information: mthomas@alamedaca.gov or (510) 747-7511.

### Portugal & Its Islands

#### October 10 -22, 2014

Highlights of this thirteen-day trip include: Lisbon, Folkloric/Fado Dinner Show, Portuguese Rivera, Fatima, Obidos, St. Michael Island-Azores, Ponta Delgada, Sete Cidades, Plantations Visits, Furnas Valley, Cooking Class, Madeira Island, Monte, Bontanical Garden, Camara de Lobos, Cabo Girao, Espetada Dinner/Show.

<b>Cost:</b>	\$4,749 per person double (\$4,499 early booking)
	\$5,449 per person single (\$5,199 for early booking)
<b>Includes:</b>	airline & taxes, transportation, hotels, all tours, Insurance and 18 meals

### London & Paris

#### April 6 - 13, 2015

Highlights of this eight-day trip include: Buckingham Palace, Big Ben, London Theatre Performance, Eurostar Train, Eiffel Tower Dinner, Seine River Cruise, Arc de Triomphe, Paradis Latin Cabaret.



<b>Cost:</b>	\$3,999 per person double (\$3,749 for early booking)
	\$4,699 per person single (\$4,449 for early booking)
<b>Includes:</b>	airline & taxes, transportation, hotels, all tours and 10 meals

### Family Vacation Available Next Summer!

#### SUMMER 2015

The Wild West & Yellowstone Family Adventure (7 Days) Highlights: Salt Lake City, Jackson Hole, Grand Teton National Park, Yellowstone National Park, Old Faithful, Jackson Hole Rodeo, Park City and more.



# SPECIAL NEED - CLASSES & SERVICES

## SPECIAL NEED CLASSES

### Gymnastics for Kids with Special Needs

#### Ages 4 – 10

Come explore the world of tumbling. Enjoy your child as she/he freely wanders at his/her comfort level. Meet new friends, climb, roll, balance, swing, jump and play. To keep this a safe environment, we ask that you leave other siblings home.

Monday	Fee: \$63 (5 classes)	Ruby's Tumbling
June 23 – July 21	6:00 – 7:00 p.m.	Class# 13556

### Special Needs Swim Lessons

**Age 6 – Adult:** See Aquatics on page 7 for details



## SPECIAL NEED SERVICES

### Leisure Club

#### Ages 18 and Up

The Leisure Club is a fun, activity based program specifically designed to meet the specialized recreational needs of person with developmental disabilities in our community. This program is geared toward individuals 18 years of age and older and meets twice a month on the second and fourth Thursday of the month from 7:00 p.m. to 9:00 p.m. For more information, call (510) 747-7543. Please note there is a wait list for this popular program.



### City of Alameda Commission on Disability Issues

The Commission on Disability Issues, established by Ordinance, consists of nine members. The Commissions duties are to provide information and make recommendations regarding disability issues to the City Council and to receive information regarding the disabled from the community at large.

**To serve on the Commission: Contact the City Clerk's office at [clerk@alamedaca.gov](mailto:clerk@alamedaca.gov) or call 510-747-4800.**

## HOW TO REGISTER FOR ARPD PROGRAMS

The registration form is available at:  
**[www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation)**

**or [ARPD@alamedaca.gov](mailto:ARPD@alamedaca.gov)**

**or ARPD office,  
2226 Santa Clara Ave., Alameda**

- Preregistration is required for all classes and activities (unless drop-in is indicated).
- There is a \$25 fee for returned checks.
- Activity withdrawals can be made with a \$15 fee
- Incomplete registration forms and/or incorrect payments will be returned. Full payment is due at the time of registration.
- Classes not meeting the minimum required enrollment 72 hours prior to the first day of instruction will be canceled and the enrollment fee will be refunded.

**ARPD Office Hours:  
Monday thru Thursday 8:00 a.m. to 6:00 p.m.**

#### 1. ONLINE

- Go to the ARPD registration website: [www.arpdeploy.com](http://www.arpdeploy.com)

#### 2. BY MAIL

- Fill out the registration form and enclose a check payable to ARPD or complete the credit card portion of the payment form.
- Mail the completed form to: ARPD, 2226 Santa Clara Ave., Alameda, CA 94501

#### 3. BY EMAIL

- Fill out the registration form and the credit card portion of the payment form.
- Email to: [ARPD@alamedaca.gov](mailto:ARPD@alamedaca.gov)

#### 4. BY FAX

- Fill out the registration form and complete the credit card portion of the payment form.
- Fax the completed form to: (510) 523-4071

#### 5. IN PERSON

- Registration may be completed in person at the ARPD office
- Hours of Operation: Monday – Thursday, 8am– 6pm.

# ARPD REGISTRATION FORM



## Alameda Recreation and Park Department

2226 Santa Clara Avenue, Alameda, CA 94501

(510) 747-PLAY • FAX (510) 523-4071 • arpd@alamedaca.gov

Online Registration: [www.arpdeplay.com](http://www.arpdeplay.com) • [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation)

### REGISTRATION FORM

#### CLASSES & SPORTS

**In Person or Mail:**  
ARPD Main Office  
2226 Santa Clara Ave  
Alameda, CA 94501  
(510) 747-PLAY

#### SENIOR CENTER ACTIVITIES/CLASSES

**In Person or Mail:**  
Mastick Senior Center  
1155 Santa Clara Ave  
Alameda, CA 94501  
(510) 747-7500

- Full payment is due at the time of registration. Checks payable to ARPD, Discover, MasterCard or VISA accepted.
- All registrations receive confirmation.
- Withdrawals may be made by phone or in person with a \$15 processing fee. The remainder of fee will be placed as a credit on your account to be used in the future.

PARTICIPANT'S		BIRTHDATE			M/F	GRADE (IF ANY)	ACTIVITY TITLE	CLASS #	2ND CHOICE	FEE
LAST NAME	FIRST NAME									

#### MAIN CONTACT/PARENT/GUARDIAN INFORMATION:

TOTAL FEES DUE:

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_  
Home Work Cell

Email Address \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Emergency Contact (Other Than Parent) \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Participant's Medical Information/Allergies \_\_\_\_\_

#### LIABILITY WAIVER

- Undersigned hereby releases, waives and discharges the City of Alameda, its directors, employees, agents and independent contractors from all liability to the undersigned and/or his/her personal representatives, assignees, heirs, and next of kin for any loss or damage and any claim or demands accruing or resulting from injury to the person or property or death of the undersigned, whether or not caused by the negligence and/or property of the City of Alameda, its directors, officers, employees, agents, and independent contractors.
- Undersigned hereby assumes full responsibility for and risk of bodily injury, death or property damage, whether or not it is due to the negligence of the City of Alameda, its directors, employees, agents and independent contractors or otherwise while in, upon or about the premises of the City of Alameda and/or while using the premises or facilities or equipment, including AED machines, or program transportation thereon.

**PHOTO CONSENT:** Undersigned authorizes the City of Alameda to use your (or child's/ward's) photograph in any future educational and/or community informational purposes, (including, but not limited to the website, Activity Guide or social media) produced by the City of Alameda.

☐ Check here if you do not give photographic consent.

**CONSENT TO TREAT:** I hereby give my consent for the City of Alameda staff to take me (or my child/ward) to the appropriate medical services and give appropriate medical authorization in the event that I cannot be immediately contacted. It is understood that the cost thereof will be at my expense.

☐ Check here if I do not consent to treat and I request that medical or surgical services be withheld.

Undersigned has read and voluntarily signs the release and waiver of liability and indemnity agreement, and further agrees that no oral representation, statements or inducement apart from the foregoing written agreement has been made.

☐ Participant ☐ Parent/Guardian

Signature \_\_\_\_\_ Date \_\_\_\_\_

☐ Check (payable to ARPD) / ☐ Discover / ☐ VISA / ☐ MasterCard: Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

Address on Card \_\_\_\_\_

By signing, I authorize the City of Alameda to charge my credit card for the activity costs listed above.





Alameda Recreation and Park Department  
2226 Santa Clara Avenue  
Alameda, CA 94501

PRST STD  
U.S. POSTAGE  
**PAID**  
ALAMEDA, CA  
PERMIT NO. 171

## RESIDENTIAL CUSTOMER

# ARPD HIGHLIGHTS

## Jordan Richter's Summer Skate Camp

**Ages 6-12**

**Monday – Friday, 9 a.m. – 12:00 p.m.**

Alameda Recreation and Park Department is now offering weeklong summer skate camps in partnership with the Jordan Richter Skateboarding Academy!



**Parks  
Make  
Life  
Better!**

## Free Community Events

Details on p. 5:

- Earth Day Festival – Sat., Apr. 26
- Sand Castle & Sand Sculpture Contest – Sat., June 7
- Everything Alameda – Sat., Sept. 27 • Starlight Movies in the Park

## Summer Teen Volunteering

A great program for teens who want to have fun working with kids, gain job experience, and earn service hours! Details on p. 27

## New Online Classes

Learning is life-long! Choose from hundreds of online courses and take these interactive classes when it's convenient for you. Details on p. 32

## Free Recreational Baseball Park League

All kids entering K-5th grades can join this free league to learn baseball, meet friends and enjoy the game. Teams will be at Washington, Franklin, Lincoln and Tillman Parks.